



VISOKA
ZDRAVSTVENA ŠOLA
COLLEGE OF NURSING
CELJE - SLOVENIA



4th European Students Conference in Nursing Science

MULTICULTURAL SOCIETY CULTURAL COMPETENCES – HEALTH PROMOTION 65+ CHALLENGES FOR NURSING STUDENTS

Book of Abstracts

Celje, 23rd – 27th November 2016

MULTICULTURAL SOCIETY – CULTURAL COMPETENCES – HEALTH PROMOTION 65+ CHALLENGES FOR NURSING STUDENTS

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PUBLISHED BY

College of Nursing in Celje / Visoka zdravstvena šola v Celju

DESIGN BY

AV studio d.o.o.

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CIP - Kataložni zapis o publikaciji
Univerzitetna knjižnica Maribor

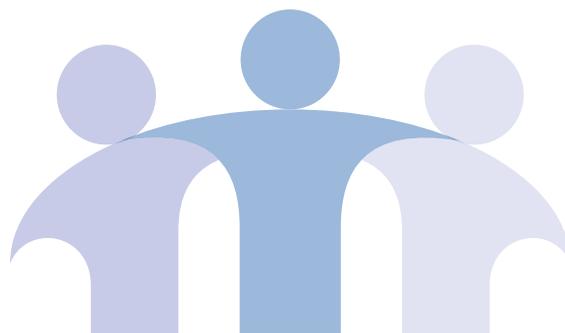
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614.253-057.87:008(497.4Celje)(082)

EUROPEAN Students Conference in Nursing Science (4 ; 2016 ; Celje)

Multicultural society, cultural competences, health promotion 65+ challenges for nursing students [Elektronski vir]: book of abstracts / 4th European students conference in nursing science, Celje, 23rd-27th November, 2016 ; [editors Boris Miha Kaučič ... [et al.]. - Celje : College of Nursing, 2016

Način dostopa (URL): <http://www.vzsce.si>

ISBN 978-961-6889-23-0
1. Kaučič, Boris Miha
COBISS.SHD 89803009



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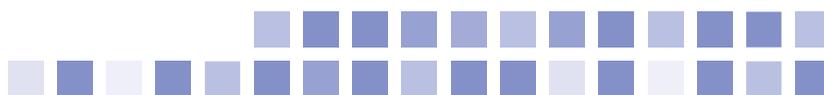
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ABOUT COLLEGE OF NURSING IN CELJE





INTRODUCTORY SPEECHES

Dear Students, Dear Mentors, Our Respected Guests,

In the name of my Colleagues at the College of Nursing In Celje, and in my own name I cordially welcome you in Slovenia and in Celje.

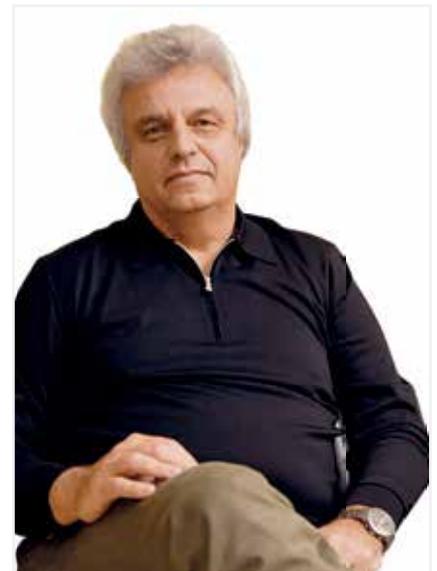
Welcome to the 4th European Conference of Nursing Students, which is a reflection of good international cooperation among schools from the United Kingdom, Germany, Poland and Slovenia. In terms of its contents, the Conference focuses on the increasingly important and current topics of cultural competence, multicultural society and health promotion among older adults.

The participation at the conference represents for students and teachers an opportunity for vigorous discussion and directly expressed, not just written, opinions. In the discussions we learn how to respect the opinions of the others, and how to respond to those opinions in a correct and polite way, regardless of whether we agree with them or not. Such active participation means defending our point of view, but at the same time also to admit our possible errors. In this way the students mature in a professional as well as in a social way, which is a good and necessary preparation for the daily work, which is to a large extent based on the interpersonal relations with the patients, their relatives and one's co-workers. Therefore I hope and expect, that you are going to leave this conference richer for professional knowledge, as well as more skilled in interpersonal communication.

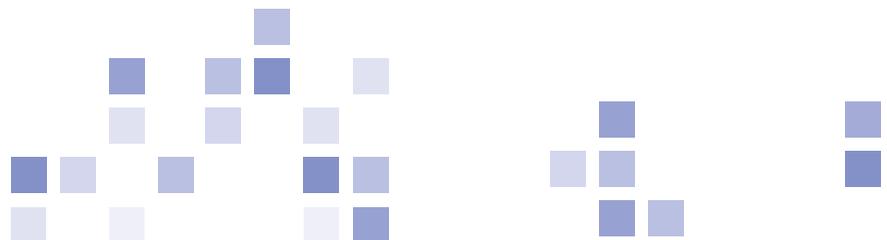
In addition to professional work we should not forget that every professional meeting also has an important social note. Take advantage of it as well as possible, and at the same time visit the sights of the Town of the Counts, Celje, which was well developed and very important already in the Roman period.

In conclusion, I would like to thank our Human Rights Ombudsman, Mrs. Vlasta Nussdorfer, the Municipality of Celje, our Major, Mr. Bojan Šrot, Nurses and Midwives Association of Slovenia, and its President, Mrs. Monika Ažman, as well as the The Nurse and Midwifery Organization of Celje and Velenje, and their Presidents Mrs. Tomislava Kordiš and Mr. Janez Kramar to support this conference.

I wish you all a successful professional engagement and a pleasant stay in Celje!



Gorazd Voga,
Dean of the College of Nursing in Celje





Dear Students, Distinguished Guests,

Welcome to Celje, the town of the Counts, which is in Slovenian area recognizable for its history and rich cultural events. I am happy to greet and address you here, and make you all welcome in our town on behalf of the Student Council. We are very glad that you have decided to participate in the European Student Conference, which is this year organized by the College of Nursing in Celje.

The student years are a period of setting life goals and overcoming important challenges, yet at the same time a period of making the closest friendships. I am convinced that we are also going to make close friendships at this occasion, even though we are separated by many kilometres. The opportunities for us students are limitless, and to the greatest extent it depends on us, which ones and how many we are going to take advantage of. It is necessary to think positive. The future lies in our hands, and we can help shape it with our knowledge and creativity.

I wish you to take the full advantage of your participation at the European Student Conference, and take it as an opportunity for progress, for the exchange of opinions, experience and advice, but in the first place as an opportunity to socialize and discover a new cultural environment and people.

We are going to make an effort that your

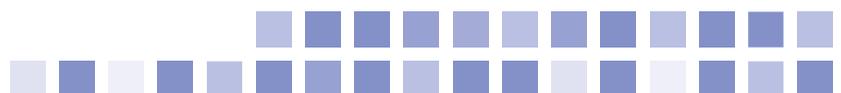
stay with us will be pleasant, and that you return home filled with unforgettable memories.

Once again - welcome to Celje.



Rajko Gajšek,

President of the Student Council of the College of Nursing in Celje





INTRODUCTORY SPEECHES

Dear Ladies and Gentlemen,

Welcome to this year's 4th European Student Conference in the field of health care, which is this year organized at the College of Nursing in Celje. We are an independent higher education institution, which through its operation draws attention towards quality education in the field of nursing care and palliative care, applicative research and international cooperation. Also the European Student Conference is the result of the successful international cooperation of us students.

I welcome all students and higher education teachers, who have decided to attend the Student Conference in Slovenia. Welcome to Celje! At this year's European Student Conference we are going to socialize and actively cooperate with the students from United Kingdom, Germany, Poland and Slovenia for five days.

In frame of our Student Conference we will hold the presentations of contributions and discussions on the topic: Multicultural society, cultural competences and promotion of health in elderly adults. I believe that the selected topics are highly topical in relation to the developments in the society and represent an important challenge for us, students of nursing. In future, we are going to encounter and interact with the patients from different multicultural environments, and therefore it is important that we are empowered with cultural competences. According to the demographic trends, our society is ageing, and therefore we pay much atten-

tion also to the promotion of good health in old age, which is an important element of ageing well.

Through the days of our togetherness, I wish that we join forces and together find answers to the still open questions, as well as to acquire new knowledge for our future successful work in nursing care. We have decided for a profession, where we are going to help and care for the sick, who need our help. In doing so, we should keep in mind the principles of fairness and equality of treatment, irrespective of gender, age, nationality, and other beliefs of a patient. This year's Student Conference therefore offers an excellent opportunity to talk about the taboo topics in the present-day society in a professional, ethical and responsible manner.

European Conference is a project, into which we have put a lot of effort, and therefore I think that it represents a big plus for us students, as it gives us an opportunity to cooperate with the students from different cultures. I am especially glad that this fact was recognized also by the Slovenian Human Rights Ombudsman, Mrs. Vlasta Nussdorfer, who took patronage over this event.

In conclusion, I would like to wish you all a pleasant stay in Celje and pleasant socializing with us – the students of the Nursing College in Celje. Help us create a kind and tolerant society.



Danaia Kraner, student

President of the programme and organizational board of the European Student Conference





Respected participants,

We can never have too much knowledge. We learn our whole lives. We come from different professional fields which is the reason why we have different knowledge and skills. Primary health service has one set of knowledge and skills, while secondary health service has another set. What is important in certain environments also depends on the culture which we arise from. Even though the basic skills and knowledge are the same, there are certain details in which knowledge as well as the implementation approach in practical work differ.

The prevailing globalization is the reason why the field of health care is slowly trying to unify with other fields, which have already come to certain conclusions, while others have only started to discover them. The emphasis on the preventive work and measures with population in all branches and activities contributes to better outcomes on the secondary level and vice versa. That means we are connected in all respects. This is the only way we can contribute to a better health condition of the population. Health care must be flexible and adapt to all the changes which are dictated by the current times and the needs that continue to present themselves.

The population is getting older and the number of those who would take care of the people needing help is steadily decreasing. The interconnectedness of health care with other branches is a priceless value and a ne-

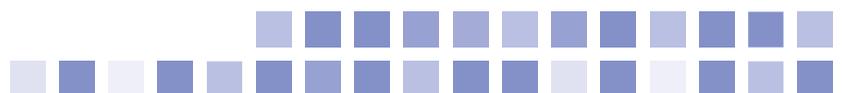
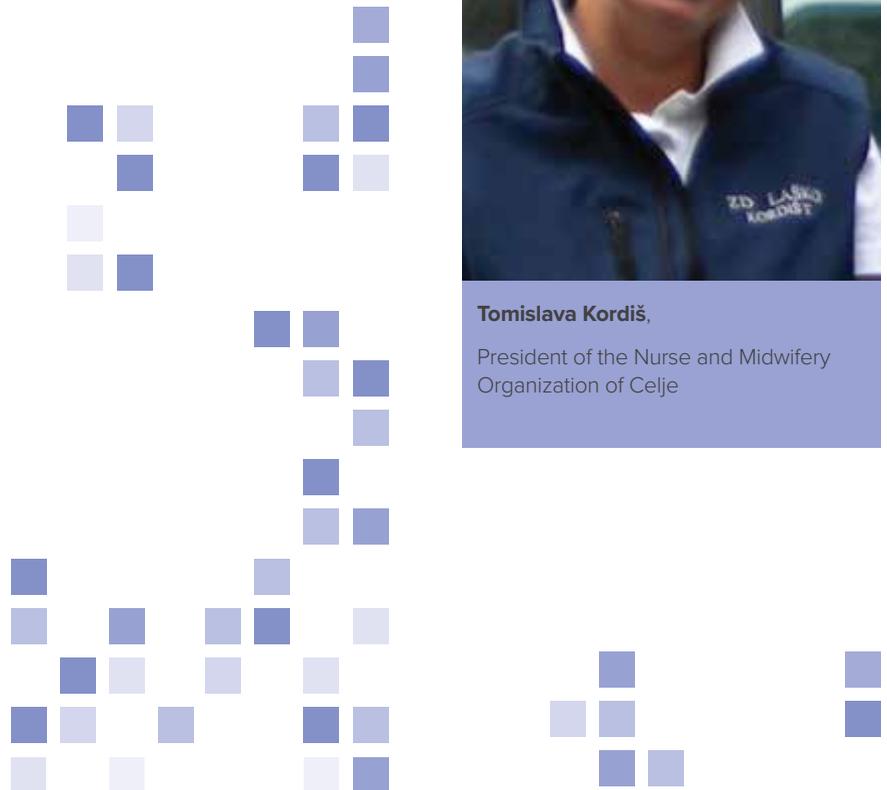
cessity on all levels.

I wish all of you to acquire as much knowledge and skills as possible during this conference, exchange personal experiences as well as cultural views and by doing so contribute to the development of health care in the future.



Tomislava Kordiš,

President of the Nurse and Midwifery Organization of Celje





INTRODUCTORY SPEECHES

Dear students, esteemed mentors, dear guests.

First, I would like to welcome you in the name of the national Nurses and Midwives Association of Slovenia. I am glad that the administration of the College of Nursing in Celje decided on this ambitious step, namely to arrange and to carry through the 4th European Students Conference in Nursing Science.

The title of the 4th European Students Conference in Nursing Science MULTICULTURAL SOCIETY – CULTURAL COMPETENCES – HEALTH PROMOTION 65+, CHALLENGES FOR NURSING STUDENTS is the challenge of the present-day generation. The host country is a young country, still at the stage of growing up, as is young the host college. However, they both definitely feel a great responsibility and opportunity to prove oneself and with the scope of the conference contribute their share to one of the most important aspects of nursing – the promotion of health, especially in the period of the ageing population.

There are more than 12 million active nurses in the world, which represents the most numerous occupational group in healthcare and we, the nurses, have the fundamental role in promoting health and ensuring the social well-being of the elderly. We have the knowledge, a vision and aspirations for the future. The vision has to be and is a strong force, which motivates and guides our efforts. We have to incorporate it into our lives, into educational and research programs,

into workplaces and use it when we make plans and resolutions.

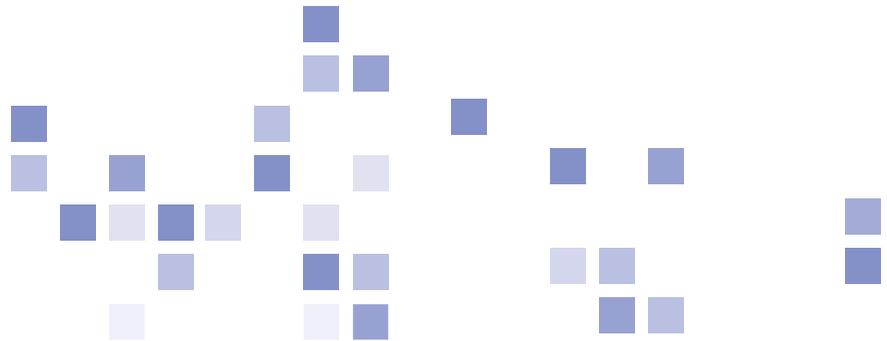
The participants of this student conference come from different places and environments, so we can contribute to common expectations, all the more so since our common goal is the response to the population's healthcare needs and ensuring quality nursing for all in need of it.

Above all, the student conference is an opportunity to form new bonds for you, dear students. Seize the day. Try to find your identity, esteemed future colleagues, together with the professors, the lecturers, the mentors, in new environments, among new friends. I wish all of you a pleasant stay in the land on the sunny side of the Alps and I wish that the newly formed bonds, cooperation and friendships become permanent.



Monika Ažman,

President of the Nurses and Midwives Association of Slovenia





Dear students!

With the constant progress in health sciences in recent years numerous challenges have emerged in the field of healthcare, which can only be met by qualified medical staff. When you decided to study nursing, I am certain you were aware of choosing a beautiful and also demanding job. It is a job which does not only require a certain level of knowledge, professionalism and responsibility from you but also a friendly and humane attitude to the sick and their relatives. Since its establishment in 2009, the College of Nursing in Celje has been striving for high quality in all professional fields of its operations; it has continuously upgraded its educational and research activity as well as it has been active in the fields of international cooperation and exchange programmes.

I am delighted that the 4th European Student Conference in Healthcare takes place in Celje, the city of counts, which can be praised by its rich natural and cultural heritage and with its remarkable history. I hope you will take time to visit the city in your free time, just to stroll down the streets of our beautiful city and visit some exciting tourist attractions which will fill your head with plenty of beautiful impressions when you get back home. At the same time, I wish this European Student Conference in Healthcare to be a great opportunity for all participants to share their experiences, knowledge, cases of good practice and innovative ideas which are urgent for further developments of he-

althcare and the whole healthcare system in contemporary society.



Bojan Šrot,

Mayor of the Municipality City of Celje



INTRODUCTORY SPEECHES

Dear participants of the 4th European Students Conference in Nursing Science entitled Multicultural society – Cultural competences – Health promotion 65+ Challenges for Nursing students,

I was greatly honoured by the organisers' invitation to write the address to the conference proceedings. You have chosen an extremely important topic, which concerns us all, wherever we live or work. European societies are very heterogeneous in social, economic, cultural, and national senses, as well as regards their healthcare systems. In all these societies individuals differ in terms of many personal circumstances. However, the need for an excellent and accessible healthcare is common to us all. Consequently, in a diverse and multicultural Europe, interpersonal understanding and the equitable provision of fundamental healthcare, together with respect for human rights and human dignity, is a growing challenge for healthcare policy makers as well as those professionally engaged in the healthcare.

Europe is increasingly encountering unfavourable social and economic factors such as poverty, unemployment, people without documents, homelessness, migration, refugees and asylum-seekers, unhealthy living conditions, and occupational injuries and other dangers. In parallel with the above-mentioned, inequality in healthcare has been increasing. Regarding their healthcare needs, the mentioned groups are not homogenous; however, they have in common a considerably lower accessibility to these goods than the majority of the European population.

Healthcare therefore depends on the social and economic status of an individual, age, gender, religion, geographical location of living, physical and mental abilities, possible disabilities and other personal statuses, which markedly influence the healthcare needs and interests of the abovementioned group members in multicultural societies.

Healthcare policies should improve the accessibility and quality of healthcare services in multicultural societies as one of the priority areas of action. I therefore advocate an inter-ministerial and multidisciplinary approach to solving health issues and providing healthcare in multicultural societies. Inclusion and participation of researchers, policy makers, local healthcare authorities, healthcare workers, representatives of ethnic minorities and non-governmental organisations in planning, carrying out and monitoring of healthcare policies for representatives of different social (multicultural) groups is essential. I urge the policy makers, in particular, to formulate and implement programmes (together with representatives of these groups) for the promotion of health and prevention of those diseases that are more frequent in members of certain groups.

As the Human Rights Ombudsman, I, in particular, advocate the promotion of human rights in the areas discussed, the prevention of social exclusion, the right of patients,

the preservation of human dignity, cohesive societies, implementation of the principle of equality, solidarity, gender equality, participation and freedom of choice, and the implementation of the principle of non-discrimination. I would like to draw attention to the necessity of linguistic conformity in communications with members of different social groups, which is a minimal standard of civil and, at the same time, extremely sensitive personal communication between an individual and medical staff.

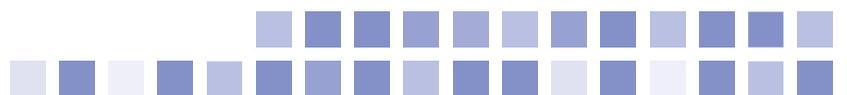
I believe that development of professional capabilities of healthcare workers and the civil response, therefore the development of healthcare providers' intercultural competences, is a basic need, obligation and requirement at the same time for their professional work in multicultural societies. These should form the basic premises for operation and education in healthcare, so that we can fully implement the Universal Declaration of Human Rights of 1948, which recognizes the inherent dignity of all members of the human family and their equal and inalienable rights, which is and must be the foundation of freedom, justice and peace in the world.





Vlasta Nussdorfer,
Human Rights Ombudsman

Avtor fotografije: Stane Jerko





ABSTRACTS

MULTICULTURAL SOCIETY AND NURSING

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College of Nursing in Celje*

ABSTRACT

Increasing globalization has led to a substantial increase in nurse migration. This has resulted in the need for nurses to deliver multicultural sensitive care to ever widening diverse patient groups. It is incumbent on nurse education and curriculum planners to ensure that nurses become culturally aware. Because, this, in turn will promote a degree of multicultural competence. We have argued that one way this could be best achieved through the critical reflection of personal values systems. In the sometime nurse migration has received considerable social and political attention, the centre problems were specific migration motives and the impact on health care and on nursing as a system, while experiences of nurses abroad were missing. Especially, as a poor work environment for nurses seems to be associated with the intent-to-leave the job. However, a positive working environment, which promotes respect, fruitful collaboration and staff participation, helps to enhance the identification of nurses with the need of multicultural approach, towards the targets of postmodern nursing.

The combined use of the proposed model and a selection of specific questions create a framework within which this can take place. The model can be used to facilitate individual and group based reflection sessions such as clinical supervision or in classroom based work.

Key words: *multiculturalism, nursing, postmodern society, social mobility.*

CULTURAL COMPETENCES OF REGISTERED NURSES

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ABSTRACT

Introduction: We live in a society that consists of people with different views, habits, traditions and experience. We are a part of a multicultural society. Differences between people are multi-layered, also in understanding health and disease. In order that the registered nurses can provide quality and safe nursing care, they must be culturally competent. The aim of this study was to determine the level of cultural competence of registered nurses.

Methodology: A non-experimental, quantitative study was conducted; data were collected with the survey technique. In order to determine the degree of cultural competence of the registered nurses, we used the standardized questionnaire the Cultural Competence Self-Assessment Tool.

Results: The survey included 102 respondents with an average work experience of 21 years and an average age of 41,93 years. 62 respondents had higher education, 11 were university graduates and 19 had post-graduate education. 72,5% of registered nurses included in the study have good knowledge of the diversity of various ethnic groups and can be defined as culturally competent. We have also established that age, gender, work experience and education do not significantly statistically affect the level of cultural competence of registered nurses.

Discussion: The study showed a high degree of cultural competence of registered nurses. In comparison with previous studies, our results are relatively surprising and may also be a result of a relatively high self-perception of cultural competence. These results will certainly serve as a basis for further research in this area.

Keywords: *multiculturality, cultural competence, registered nurse, nursing care.*





EXAMINING THE LEGAL, PROFESSIONAL AND ETHICAL ISSUES OF GAINING PATIENT CONSENT IN THE UNITED KINGDOM (UK)

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ABSTRACT

Introduction: Accountability in nursing practice is based on three principles; legal, professional and ethical. A major area of ethical practice in nursing is that nurses are accountable for gaining consent from individuals in their care.

Methods: This contribution is an article, aiming to develop a broad understanding of the legal, professional and ethical issues of gaining consent in nursing in the UK in relation to a scenario from nursing practice.

Results/Discussion: Legal accountability is based on the capacity of the individual which should be assessed by the nurse. Professional accountability lies in the Code of Conduct. Ethical accountability lies in the debate between autonomy and beneficence, and the avoidance of paternalism.

Conclusion: The three principles of accountability are not stand alone and each situation regarding the obtainment of consent requires an interplay of the three systems.

Keywords: *capacity, code of conduct, communication, beneficence, autonomy.*

EUROPEAN PROJECT HEALTHY LIFESTYLE FOR AGING WELL (HLAW) – DISSEMINATION OF INTELLECTUAL OUTPUTS

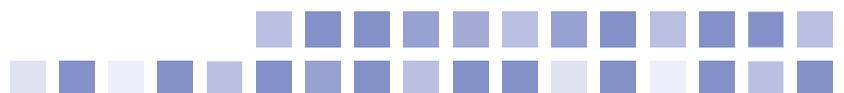
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Population ageing is a long-term trend, which began several decades ago in the EU. As a result, the EU will, in the coming decades, face a number of challenges associated with an ageing society, which will have an impact on a wide range of areas (labour markets, pensions, provisions for health care etc.). Population change and the structure of the population are gaining importance in the political, economic, social and cultural context of demographic behaviour. One of the fields that is, and will be even more affected by the population ageing in the upcoming years, is the health care system, and that is why it is ne-





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cessary (for the long term stability of the health care system) that people have the best possible chance to remain healthy, and stay active and independent as they become older. One of the crucial roles in this effort will be assigned to nurses and that is why it is important to raise awareness among them and among the students of nursing, as they represent the future of this profession.

Based on these facts, a partnership of four higher educational institutions was formed. The participating institutions are:

- The College of Nursing in Celje, Slovenia (coordinating organisation),
- Medical University of Lublin, Poland,
- University of Oulu, Faculty of Medicine, Institute of Health Sciences, Finland and
- Cooperativa de La Superior Politecnico e Universitário – CESPU, Portugal.

These institutions have set a goal to contribute to the development of this field, and through different project activities try to make a difference and raise awareness of the importance of aging well and staying active as we get older. With this goal in mind, our partnership successfully applied for the Erasmus+ tender, Key Action 2: Strategic Partnerships in Higher Education and implemented the project Healthy Lifestyle for Aging Well (HLAW).

HLAW is an innovative project, through which we have aimed to:

- Additionally educate, engage, activate and raise awareness among students of nursing in the field of healthy lifestyle of the elderly and active ageing.
- Contribute to the raised awareness among the elderly and increase their health literacy in order to improve their quality of life as well as their health.
- Help the elderly function as active members of the society, and help them stay active in the society as long as possible.

This project offers an international and interdisciplinary (nursing, me-

dicine, sociology, psychology, physiotherapy, social gerontology and occupational therapy) approach in highlighting the importance of healthy lifestyle for aging well.

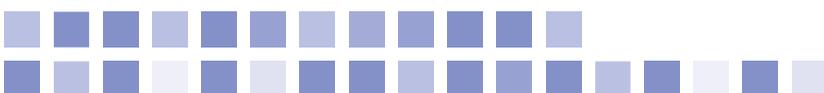
The two main target groups, which were included in the project activities, were the nursing students and the elderly. In addition to these two, the project also addressed higher education teachers and researchers, and other interested parties who wished to obtain and share knowledge, ideas, practical experience and examples of good practice from the areas under consideration among different institutions (especially higher education institutions), and different countries.

In the context of the project, two intensive programmes (summer schools) have been implemented at the College of Nursing in Celje. The first summer school took place from May 25th until June 5th, 2015, and the second one took place from May 23rd until June 3rd, 2016. At the summer schools, we enabled active participation to 36 foreign students and to 22 foreign higher education teachers as well as to 18 students and to 8 higher education teachers of the College of Nursing in Celje. In the framework of the intensive programme the students were able to:

- gain new expertise, ideas and experiences and share them with the domestic and foreign students and lecturers,
- participate actively through the implementation of various workshops and do fieldwork,
- socialize with the elderly and raise their awareness about a healthy lifestyle,
- strengthen their intercultural competences.

An important part of the project consisted of various research activities, which enabled the students to critically and analytically research the field with the help of higher education teachers and to compare and share the knowledge, ideas, and examples of good practices with the participants and participating countries.

In the first phase of the research activities, we focused on literature





review of health literacy and physical activity of the elderly in the participating countries. We also conducted review of the current situation and tried to find some examples of good practices in this field. With this phase we set theoretical foundations for the next phase of the research activities which was conducted simultaneously in all four participating countries from October 2015 until June 2016.

The main results of the project were/are:

- A new Web portal, which is devoted to the health literacy of the elderly in all the languages of the participating countries,
- 5 new optional study subjects,
- Recommendations for further work in the field of healthy lifestyle of the elderly,
- Guidelines for ethical conduct in care for the elderly,
- Guidelines for the development of new programmes for the healthy lifestyle of the elderly,
- DVD with footage of physical exercises (with instructions and recommendations) in all languages of the participating countries as well as in English,
- A brochure, in which all the main results of the project, recommendations and guidelines are collected.

Besides that, the project also contributed to:

- increased healthy lifestyle literacy of the elderly,
- a raised awareness of this thematic filed,
- strengthening partnership between partner institutions,
- greater quality of teaching and learning,
- greater international mobility of students and lecturers.

CULTURAL DIVERSITY IN NURSING CARE AS A CHALLENGE FOR NURSING EDUCATION AND PRACTICE IN POLAND

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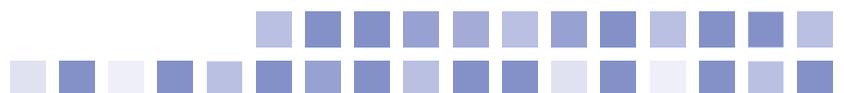
ABSTRACT

Introduction. The progressing globalisation process creates new challenges for healthcare in Poland, which are related mainly providing cultural security for patients from different culture circles. The objective of the study is to analyse challenges for education and nursing practice in Poland based on a study among the representatives of the Islamic culture.

Methods. A qualitative analysis of the material from interviews conducted among five followers of Islam who live in Lublin. The survey was carried out from 20 June to 8 July 2016 at the Islamic Cultural Centre in Lublin. The process of sampling the representatives of Islamic culture involved the snowball sampling method. The interviews were recorded and transcribed. The research material was subjected to contextual analysis.

Results. The qualitative analysis of the data obtained made it possible to specify the following categories of issues related to care for patients representing the Islamic culture in nursing practice: prayer in the hospital environment, fasting in hospital conditions, meals in hospitals, care and nursing and the carer's sex, treatment and medications, challenges in care for patients from different culture circles.

Conclusions. Developing the cultural competence of medical students and occupationally active medical professionals is an important issue. This competence not only involves knowledge on different cultures and skills related to care for patients from different





ABSTRACTS

culture circles, but first of all an attitude of cultural sensitivity and readiness to mutually develop an approach which provides a sense of cultural safety, which is possible to implement in the Polish healthcare system.

Key words: *cultural diversity, nursing education, nursing practice, Muslim patients, Poland*

ASPECTS OF MULTICULTURAL NURSING PRACTICE IN NURSING RESEARCH. REVIEW OF THE LITERATURE FROM POLAND

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ABSTRACT

Introduction. The objective of this article is to analyse the results of empirical studies available in the Polish academic nursing literature on multiculturalism in nursing practice.

Methods. The research involved a systematic review of the academic nursing literature from 2011-2016. It included manual searches in the databases of ranked nursing journals and the Google Scholar database. The process of selecting the works identified in the course of the search involved a number of stages and followed the adopted inclusion criteria.

Results. The search of on-line journal databases yielded 12 works, and the search of the Google Scholar database 6 works that met the inclusion criteria. The dominant research method used by the

selected works was the survey method. By analysing the published research results, it was possible to isolate the following categories of subjects relating to multicultural nursing care in Polish scientific research on nurses: the cultural competence of nursing staff, the impact of religious creed on the selected aspects of medical care, the standards of nursing education with regard to patients coming from different cultural backgrounds, the attitudes of Polish society to people from different cultural backgrounds, and the health-related behaviour of people representing different cultural areas.

Conclusions. Scientific studies by the Polish nursing community in the field of multicultural care are becoming increasingly frequent, although they are still limited to a fairly narrow subject matter. There is a need to introduce multidisciplinary and multi-centre scientific research tackling multiculturalism issues in medical care in a broad way. These could then form a basis for improving the standards of education and nursing practice with regard to patients' cultural safety.

Key words: *multicultural nursing, nursing research, review of literature, Poland*

MENTAL HEALTH IN SLOVENIA AND CELJE REGION - FACTS AND CHALLENGES

*Nuša Konec Juričič / MD
Ksenija Lekić / BSc, psychotherapist
National Institute of Public Health, Celje Regional Unit*

INTRODUCTION

Mental health is an integral part of health and a source of wellbeing. In 1986, the World Health Organization defined health as a state of complete wellbeing, in which an individual can realize their potentials, successfully cope with everyday stress, work productively and





contribute to the community where they live (1). Wellbeing is greatly influenced by individual's inner mental states, such as happiness, contentment, self-respect and relationships they establish with others. Mental health is not something regular; it is strengthened and weakened by constant co-dependence of individual characteristics and physical health as well as by narrower or wider societal, social and natural environment. Modern life is marked by fast-changing circumstances, which also demand quick adjustment of an individual and society as a whole. Most people react to these demands by mobilizing their own reserves as well as by additional learning and work. However, these modern demands are too extensive for many individuals and their reactions to them are insufficient for a number of reasons, which consequently leads them to dissatisfaction, negative stress and to other problems of physical and mental health as well as to more frequent search for help (2). Many of these people still do not seek for help – they carry their distress within themselves hoping that it will pass or believing that they have to solve it, somehow, by themselves.

KEY PUBLIC HEALTH PROBLEMS IN THE FIELD OF MENTAL HEALTH

The most frequent mental health problems in adults, observed by primary level healthcare professionals in Slovenia and in Celje region, are anxiety, depression and reactions to severe stress and adjustment disorders. These problems are also the most commonly observed among adolescents aged 15-19 years. Another important public health problem in Slovenia is suicide. Each year, 400-500 persons in Slovenia commit suicide, while the level of suicidality is between 20 and 25/100,000, which places us high on the European scale. Suicide rate is higher in north-eastern and south-eastern parts of Slovenia, among others also in Celje region (3,4).

PUBLIC HEALTH APPROACH TO MENTAL HEALTH PROBLEMS

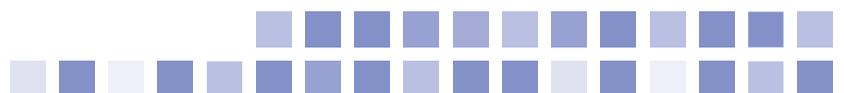
Public health approaches are used for the so-called public health problems, which influence higher number of people. Among these problems are also suicidal behaviour and increasing number of persons with depression as well as stress and anxiety disorders. Public

health approaches are directed to the population as a whole or to individual target groups. We have to implement them together with all stakeholders, which are responsible for the case under the consideration, including the persons who are dealing with this problem. One of such approaches is the community approach.

COMMUNITY APPROACH TO MENTAL HEALTH IN CELJE REGION

Institute of Public Health Celje, now Celje Regional Unit of the National Institute of Public Health, gave the initiative for community approach to mental health in Celje region in the year 2000. Linked in the prevention network, which we entitled Regional Group for Suicide Prevention and Mental Health Promotion, individual experts, institutions and local community respond to problems in the field of mental health using variety of programmes oriented in the needs of individual target groups.

During the last fifteen years, we helped to raise awareness on the meaning of mental health promotion, better recognition of stress, depression, anxiety and suicidal behaviour as well as on the recognition of ways and sources of help; and at the same time, we developed some new forms of help. In the period between 2002 and 2012, we carried out 92 expert lectures and workshops for more than 2,300 experts, which included medical doctors, medical nurses, students, pedagogical and social workers, professionals from employment offices, police and nongovernmental organizations. In the same period, we carried out 151 trainings for general publics, which included more than 4,000 people from Celje region (2). In 2007, our regional network was joined by a self-help group for people with depression and their relatives, which is regularly visited by 6-12 participants. Self-help group offers them support, understanding and experience exchange. In 2010, we have established a co-selling service for first psychological help and called it Tu smo zate (Here for you). The counselling service offers support to persons in mental distress, which they cannot handle by themselves. The advantage of this counselling service is that it is easily accessible without referral and is thus yearly visited by more than one hundred individuals in mental distress. Since 2015, it has been operating in the network of nine MOČ – Posvet – Tu smo zate counselling





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services (5). The existing sources of help were supplemented in 2001 with innovative prevention programme for children and adolescents, entitled *To sem jaz* (This is me). The programme consists of two public health approaches. One approach is www.tosemjaz.net online counselling service, in which currently 70 experts with different specialties offer professional advice and support to adolescents who are facing challenges and problems of their growing up, which are frequently indicated by mental distresses. In the fifteen years, we have answered more than 38,000 questions of adolescents. The other approach is directed to school environment and supports teachers in the development of children's good self-image and social and mental competences. Yearly, teachers implement over 1,000 workshops, entitled "10 korakov do boljše samopodobe" (10 steps towards better self-image), which include approximately 10,000 primary and secondary school students.

By implementing all the three programmes, we (among other) follow the principle of increasing accessibility of help for vulnerable individuals and groups of population. During all these years on working in the field of mental health, we have been intensively cooperating with the media, which can have positive influence on the enforcement, perception and interpretation of some health topic in the public. This influence is even more important in the field of mental health, because people with mental health problems and disorders are still unduly stigmatized. We are happy that suicide rate has decreased in Celje region for 15 percent between 2000 and 2010 compared to period between 1985 and 1999, while in Slovenia it was decreased by 18 percent in the same period (2). We dare to say that our programmes and activities have partly contributed to this decrease.

CONCLUSION

Everybody is responsible for good mental health and for the progress in the society. Each individual in everyday situations, which should allow space for personal growth, for human and mental warmth and for good relations with others, cooperation and mutual help. Furthermore, education planners, employers and politicians for ensuring educational, working and living environments, which will encourage optimal development of an individual and the com-

munity and of their potentials. Finally, experts from different fields of expertise should enable raising public awareness, seeking problems and ensuring timely and optimal form of help to a person in mental or any kind of distress (2).

We assess the work in the field of mental health, which has been carried out in the framework of Celje Regional Unit of the National Institute of Public Health up to this point, as successful. However, not as final. In the light of demographic movements and migrations, new technologies, the incline of chronic non-communicable diseases, increased negative stress, mental disorders and inequalities among the population, the concern for mental health needs to be strengthened. It should be even more oriented in the strengthening of personal solidity of an individual so that they will better adapt to the fast dynamics of life, and in vulnerable and deprived social groups (2). The care for mental health should follow the balanced intersectional plan on national level with clearly defined priorities, jurisdictions and responsibilities. Such plan is presented in a long-ago prepared, but still not accepted proposal of the National programme for mental health.

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LEVEL OF HEALTH LITERACY AMONG OLDER ADULTS

*Tina Razlag Kolar / RN, BSc, Master's student
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ABSTRACT

Theoretical background: Ageing brings a decline in physical and cognitive functions and increases the incidence of non-contagious chronic diseases. Health literacy tells us how individuals find themselves in the health system, how they understand instructions related to health and how they care for their health, yet it may also be an indicator of how healthy the individuals are.

Aim: The research was to determine the level of health literacy of elderly people.

Methods: The research was based on a quantitative research approach using descriptive method. Data were collected with interviewing technique. A questionnaire, formed on the basis of the review of domestic and foreign professional and scientific literature, was used as the measuring instrument. We used a non-random, purposive sample. The sample included 148 elderly people aged 65 years and over, who live in different living environments and do not have dementia. There were 140 correctly completed questionnaires. It represents a 94 % realization of the sample. Data were

analysed by statistical program SPSS 22.0.

Results: Elderly people who were included in the research have limited health literacy in the field of general health literacy (AVERAGE = 27.0), health care (AVERAGE = 26.2), disease prevention (AVERAGE = 28.8) and health promotion (AVERAGE = 26.6). In the field of registered nurse consulting elderly people achieve sufficient health literacy (AVERAGE = 34.6).

Discussion and conclusion: Health literacy is one of the factors which significantly affect the life quality of the elderly. We have found out that elderly included in the research have limited health literacy. The registered nurses can contribute to health education and health promotion. They can also contribute to the raise of health literacy among elderly people. In the future the role of registered nurses will have to strengthen in the field of health promotion, particularly through their work in reference clinics and reference centres for health promotion. The so called counselling for elderly, embedded in the local community, will represent a special challenge for them in future as well.

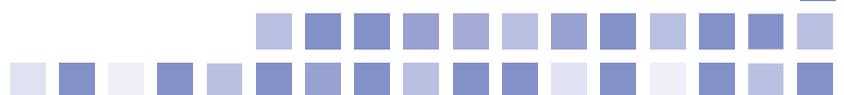
Key words: *health literacy, older adults, nurse, health promotion, ageing.*

ALCOHOL DEPENDENCY AMONG ELDERLY PEOPLE IN GERMANY - AN UNDERESTIMATED PROBLEM?

*Nele Neveling
Tina Munkelt
Beata Boronczy, MSc
School of Nursing in Goslar, Germany*

ABSTRACT

Knowing that alcohol dependency is a worldwide problem it is inte-





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resting to investigate this phenomenon within the older generation in Germany while the demographic change is just in progress. With the help of specific articles and literature the aim of this essay is to examine the key question: „Alcohol abuse among elderly people in Germany - an underestimated problem?“ To come to an overall conclusion the work is divided in different sub themes. At first one wants to highlight the importance of demographic change, one of the most determinant factors in the next few years when it comes to the development of German society. The physiology of aging will help us understand the risks of alcohol addiction/abuse among elderly people. Not to forget is a clear definition of alcohol dependency so one is able to identify a dependency as soon as possible. An overview of the risks and dangers of alcohol abuse/addiction among the elderly is also important as well as taking a look at a performed project („INTERREG Project Addiction and Elderly“) which investigated the alcohol consumption among elderly people. At last it's important to give a short summary of the possibilities of therapies for the old generation.

The aim of our work is - after having considered all sub themes - to make a conclusion about our key question and if the „awareness must be increased among elderly, caregivers and physicians to diagnose an alcohol addiction/abuse and to offer and facilitate treatment“ (Kunz et al., 2014). After having analyzed all important sub-themes, the overall conclusion shows that alcohol dependency among elderly people in Germany isn't a problem at all right now but the consciousness of the relatives, caregivers and physicians has to be improved as well as the development of more studies and therapies concerning the alcohol dependency among elderly. Furthermore one has to be aware of the consequences of demographic change, as long as one is aware of all of these factors the alcohol dependency among elderly will not become an underestimated problem.

Keywords: Alcohol, Demographic Change, Physiology of aging

AN EXPLORATION OF A DEMENTIA RESOURCE FOR STUDENT NURSES IN THE UNITED KINGDOM (UK)

Emily Scott, BSc

Mia Gell, BSc

Emily Davies, BSc

Lauren Gill, BSc

Kerry Swift, BSc

Danny Walsh, BSc, MA, Senior Lecturer

School of Health and Social Care, University of Lincoln, UK

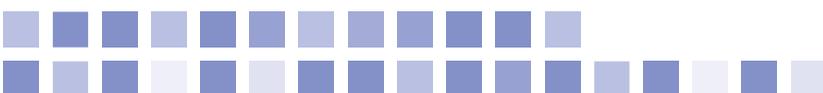
ABSTRACT

Introduction: The latest demographic population profile provided by the Alzheimer's Society (2014) indicated there are over 800,000 people living with dementia in the UK alone. This represents one in every 79 individuals in the entire population of the country (1.3%). We are living longer than ever before, leading to a rise in the ageing population. As the ageing population increases, the figure is set to rise to over 1,100,000 individuals living with dementia by 2025. Nationally dementia is a demanding problem to the healthcare system, costing services around £26 billion a year, a figure set to rise in the coming years.

As dementia is becoming a growing problem, it would be expected that service provisions and training in this area to be paramount to pre-registration nurse education. The National Institute for Health and Care Excellence (NICE) (2016) suggest:

“Health and social care managers should ensure that all staff working with older people in the health, social care and voluntary sectors have access to dementia-care training (skills development) that is consistent with their roles and responsibilities”. When staff are educated, trained and supported in dementia care, they gain a greater reward for providing care to these individuals, leading to greater quality of care and the promotion of dignity and compassion in caring for people with dementia (Department of Health, 2015, 36).

This should also be true for student nurses. During clinical placements, they spend just as much time caring for these patients as the qualified staff do (Royal College of Nursing, 2016) but are the same





education and training provisions in place for the nurses of the future? In 2010, The Alzheimer's Society (2010) called on the Nursing and Midwifery Council to make dementia education in pre-registration nurse training to be compulsory on the nursing curriculum. The guidance stated "The NMC must recommend that all student nurses receive training that equips them to provide the best dementia care possible" (Alzheimer's Society, 2010). By completing the booklet student nurses are getting this necessary training.

Aim: The "Pre-registration nursing dementia care resource" aims to facilitate this training and the development of the knowledge and skills student nurses so desperately require to provide good quality care for individuals with dementia and their carer's/families.

Methods: The booklet has been designed to support student nurses in improving their own knowledge of Dementia. It also aims to help to develop their skills as a student nurse when caring for patients with a diagnosis, or somebody who is showing symptoms of dementia, which can be transferred when they become qualified staff nurses.

The booklet is used as tool for student nurses to gradually work through it alongside their studies and assignments, aiming to complement university-based teaching through independent study while on practice placement. The booklet therefore takes a reflective approach to learning. The booklet is not compulsory but it encourages students to lead their own learning and display their passion and interest towards dementia care.

The booklet offers a wide range of different sources to aid learning, helping to suit each students preferred learning style and needs. These resources include textbooks, websites, 'YouTube' channels, reports, interest groups, films and documentaries. This allows the students to select the tools of their choice, which they feel they will be able to gain the most information from and suit their personal learning needs. For example, one student might find it more beneficial reading a book about dementia, whereas another might prefer a more visual tool such as a film or a documentary.

The booklet is structured to show a progression in knowledge about dementia through the three years of the nursing course. Specific learning outcomes are set for each of the three years, enabling students to focus their learning towards structured goals and out-

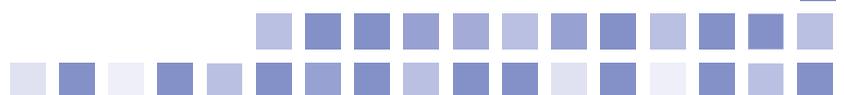
comes. Each outcome is matched with an activity aiming to test the students' knowledge of dementia, its symptoms and aetiology, while also asking them to reflect on their own practice in caring for this client group. The tasks throughout the booklet use different techniques in order to support the learning of the students so they are able to identify and develop their own transferable skills they will be able to use whilst out on placement. These include:

- Reflective pieces
- Questions
- Situational judgement tasks
- Tasks to complete on placement
- Reviewing research into dementia

The booklet gives students an opportunity to complete the booklet working alongside their mentor in practice. This is beneficial to students as it allows them to seek advice and assistance with certain activities if necessary to gain a professional's insight into dementia to add to their own conclusions. The booklet works alongside practice placement, ensure the completion of the booklet coincides with the student putting their knowledge into practice in caring for people with a diagnosis of dementia.

The booklet covers a range of topics to allow the student to look at an individual with dementia holistically. General topics covered in the booklet include:

- How dementia affects the individual and those around them
- Dementia care in the hospital environment
- Dementia care in the community
- Communication in dementia care
- Person-centred dementia care
- Dignity and respect
- Promoting independence in dementia care
- Law and legislation
- Working in partnership with family and carers
- Working within the multidisciplinary team
- End of life care in dementia





ABSTRACTS

Results/Discussion/Conclusion: To conclude, the pre-registration nursing dementia care resource is a helpful tool, if students use it to their advantage. It is intended to be utilised by students' using their own initiative and complements theory based sessions taught in university. The booklet is useful as the student has access to tools and activities for the whole three years of the course and so can be done at their own pace and when situations arise. This allows the students to develop their skills and knowledge in dementia care as and when they feel ready to do so. The links the booklet has with clinical practice placement is another strength. As previously mentioned, the booklet can be completed alongside a mentor to help students gain a better understanding of its contents. The resources included in the booklet, such as films, websites, books and reports, can be shared with members of staff on placement to increase their awareness of dementia and how to provide good care to this patient group. Mentors on placement have noted that they have not come across certain resources before and found it extremely useful when students have imparted this knowledge on them. All of these resources can facilitate student learning and there is a wide range of resources which will suit people differently.

The success of the aims of the booklet do depend on the student. Some individuals complete all tasks promptly and feel a sense of achievement in doing so while other students do not use the resource to its full advantage. Those who have used the booklet have stated that it is a useful resource that they will keep and refer to when they qualify. In the section dedicated to the final year of the course, there are questions which allows students to reflect on the workbook activities that they have worked on throughout the three years. It also allows us to select an aspect of care that they have seen that they feel needs to be improved. The booklet therefore has implications for practice in terms of service improvement. It informs more nurses about dementia and it will mean that there will more nurses who understand all aspects of dementia, not just memory loss.

Each activity in the booklet is mapped to the Nursing and Midwifery Council competencies for practice so they can be used by students to provide evidence for their portfolios, making the process of developing evidence to support the completion of competencies easier and making the work contained more informative. The consensus is that more universities should take this approach to learning and

use a document like this. If the document was disseminated to other institutions, more students would benefit from the resource and feel more prepared going out into clinical practice in caring for people with dementia. The booklet bridges the gap between theory and practice, allowing knowledge gained through taught sessions at university to be used out in practice when caring for individuals with dementia.

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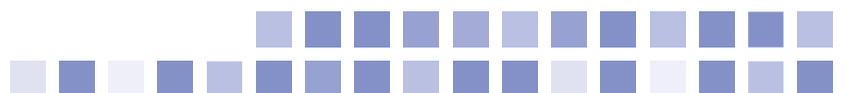
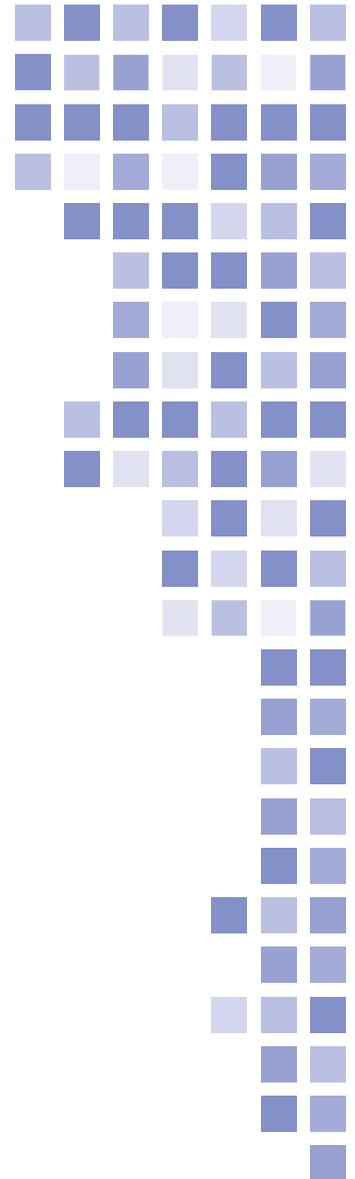
VIOLENCE IN NURSING CARE. A REVIEW OF CURRENT DEVELOPMENTS IN GERMANY

*Amina Hanic
Christopher Kern
Beata Boronczyk, MSc
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Abstract

The article examines the views of the German nursing community on how violence by nursing staff can be prevented and whether these strategies have been successfully implemented in Germany. The study concludes, that maltreatment of patients, despite having been a well-known problem for decades, is still an ongoing issue. Although there is a broad scientific consensus on the need for preventive measures, Germany's nursing system is still characterized by avoiding the implementation of necessary structural changes.

Keywords: *maltreatment, aggression, prevention*





PROGRAMME

CONFERENCE PROGRAMME

WEDNESDAY, 23RD NOVEMBER 2016

18.30 – 19.00

Registrations of the participants at the College of Nursing in Celje (Main hall)

Welcome greetings and guided tour of the College of Nursing in Celje

Welcome greetings

Danaia Kraner, Damir Tuzlak, students, College of Nursing in Celje, Slovenia

19.30 ...

Welcome party and socialising – Restaurant »Pri Prijatlih«

THURSDAY, 24TH NOVEMBER 2016

8.30 – 9.00

Registrations of the participants at the College of Nursing in Celje (Main hall)

9.00 – 9.30

Preliminary speeches

- **Gorazd Voga**, dean of the College of Nursing in Celje,
- **Rajko Gajšek**, president of the student board at the College of Nursing in Celje,
- **Danaia Kraner**, president of the programme and organizational board of the Student conference,
- **Monika Ažman**, president of the Nurses and Midwives Association of Slovenia,
- **Vlasta Nussdorfer**, ombudsman of the Republic of Slovenia.

Moderators: Barbara Zupanc Terglav & Tilen Menart

9.30 – 10.00

How tolerant is contemporary society? – ombudsman's point of view

Vlasta Nussdorfer, Ombudsman of the Republic of Slovenia, Slovenia

10.00 – 11.00

Presentation of the faculties/colleges and expectations of the students

10.00 – 10.10

School of Nursing in Goslar, Germany

Christopher Kern, Tina Munkelt, Nele Neveling, Maximilian Kurzer, Amina Hanić

10.10 – 10.20

Faculty of Health Sciences, Medical University of Lublin, Poland

Jadwiga Bąk, Agnieszka Chrzan-Rodak, Michał Machul, Justyna Chałdaś-Majdańska, Monika Bieniak

10.20 – 10.30

University of Lincoln, School of Health and Social Care, United Kingdom

Lauren Gill, Mia Gell, Kerry-Anne Swift, Emily Scott, Emily Davies

10.30 – 10.40

College of Nursing in Celje, Slovenia

Rajko Gajšek, Tilen Menart, Barbara Zupanc Terglav

10.40 – 11.00

Discussion

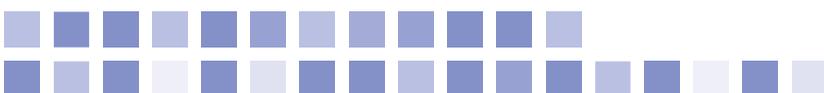
11.00 – 11.30

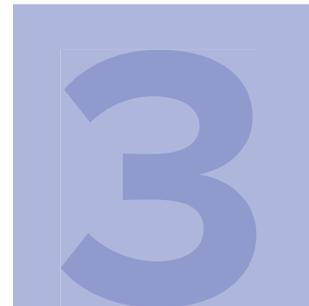
Coffee break

11.30 – 11.55

Multicultural society and nursing

Jana Goriup, College of Nursing in Celje, Slovenia





11.55 – 12.20

Nurses' cultural competences

Bojana Filej, Boris Miha Kaučič, Kristijan Breznik, Tina Razlag Kolar, College of Nursing in Celje, Slovenia

12.20 - 12.45

Ethics in the contemporary society – principle of fairness and equality of treatment

Beata Dobrowolska, Medical University of Lublin, Faculty of Health Sciences, Poland

12.45 – 13.00

Discussion

13.00 – 14.00

Lunch (Restaurant Celeia)

14.00 – 15.30

Multicultural nursing – view of nursing students - workshop

Beata Boronczyk, School of Nursing in Goslar, Germany and Ros Kane, University of Lincoln, School of Health and Social Care, United Kingdom.

16.00 – 18.00

Welcome to Celje

(sightseeing, visit to the exhibition »Town under the Town«)

Location: MCC Hostel

20.00 – 22.00

International Food Fair - presentation of each country and some traditional dishes of the participating countries

Location: MCC Hostel

FRIDAY, 25TH NOVEMBER 2016

Moderators: Mia Gell & Christopher Kern

9.00 – 9.20

European project Healthy Lifestyle for Aging Well (HLAW) – dissemination of intellectual outputs

Boris Miha Kaučič, Katja Esih, Jerneja Meža, Alenka Presker Planko, Mihaela Pinter Rojc (Slovenia);

Beata Dobrowolska, Justyna Warda (Poland);

Helvi Kyngäs, Satu Elo, Pirjo Kaakinen, Maria Kääriäinen, (Finland);

Francisca Pinto, Raquel Esteves, Nuno Araújo, Sara Gama (Portugal).

9.20 – 9.40

Examining the legal, professional and ethical issues of gaining patient consent in the United Kingdom (UK)

Emily Scott, University of Lincoln, School of Health and Social Care, United Kingdom

9.40 – 10.00

Cultural diversity in nursing care as a challenge for nursing education and practise in Poland

Jadwiga Bąk, Agnieszka Chrzan-Rodak, Michał Machul, Justyna Chałdaś-Majdańska, Monika Bieniak, Beata Dobrowolska

Faculty of Health Sciences, Medical University of Lublin, Poland

10.00 – 10.20

Aspects of multicultural nursing practice in nursing research.

Review of the literature from Poland

Monika Bieniak, Justyna Chałdaś-Majdańska, Michał Machul, Agnieszka Chrzan-Rodak, Jadwiga Bąk, Beata Dobrowolska, Faculty of Health Sciences, Medical University of Lublin, Poland

10.20 – 10.40

Coffee break

11.00 – 11.45

Reception at the Mayor of Celje (Celje Municipality)





PROGRAMME

12.00 - 13.30

General Hospital Celje - study visit

Hilda Maze, Danijela Gorišek, Slovenia

13.45 – 14.45

Lunch (Restaurant Celeia)

Moderators: Emily Scott & Michał Machul

15.00 – 15.20

Mental health in Slovenia and Celje region - facts and challenges

Nuša Konec Juričič, Ksenija Lekič, National Institute of Public Health, Celje Regional Unit, Slovenia

15.20 – 15.40

Health literacy among elderly people

Tina Razlag Kolar, Boris Miha Kaučič, Tamara Štemberger Kolnik, College of Nursing in Celje, Slovenia

15.40 – 16.00

Alcohol dependency among elderly people in Germany – an underestimated problem?

Nele Neveling, Tina Munkelt, Beata Boronczyk, School of Nursing in Goslar, Germany

16.00 – 16.20

Discussion

Moderators: Tina Razlag Kolar & Maximilian Kurzer

16.20 – 16.40

An exploration of a Dementia resource for student nurses in the UK.

Emily Scott, Mia Gell, Emily Davies, Lauren Gill, Kerry Swift, Danny Walsh, University of Lincoln, School of Health and Social Care, United Kingdom

16.40 – 17.00

Violence in Nursing care. A Review of Current Developments in Germany.

Christopher Kern, Amina Hanic, Beata Boronczyk MSc, School of Nursing in Goslar, Germany

17.00 – 17.30

Discussion and handing over the key to next organizer –

School of Nursing in Goslar, Germany

17.30 – 18.00

Coffee break

21.00 – 23.00

Supper and Bowling (Planet Tuš Celje)

SATURDAY, 26TH NOVEMBER 2016

10.00

Excursion to Ljubljana (departure from College of Nursing in Celje)

11.00

Visit to the Nurses and Midwives Association of Slovenia

Anita Prelec, Chief executive officer, Nurses and Midwives Association of Slovenia

13.00 – 14.30

Guided Tour around Ljubljana

15.00 – 17.00

Free afternoon in Ljubljana

Arrival to Celje around 18.30 and supper

SUNDAY, 27TH NOVEMBER 2016

Free day/departure





ABOUT COLLEGE OF NURSING IN CELJE

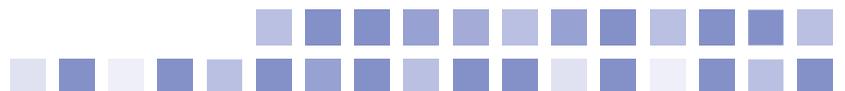
College of Nursing in Celje is relatively young independent HE institution, founded in May 2009, that performs 3-year professional study programme of the first degree Nursing. Its founder is the Regional Study Centre in Celje, public institution which is responsible for developing tertiary education in the Savinjska region.

College of Nursing in Celje serves the community as a higher education centre that encourages, expands and uses professional knowledge in the field of nursing and other health-related sciences, and it encourages life-long learning activities and initiatives.

Most of our lecturers come from clinical environment and have extensive practical experience as well as research skills and experiences in coordination of various projects, including international ones. We are putting a lot of efforts in carrying out good quality study and research programmes in the field of nursing and

other health care programmes. We have just developed and accredited the new master programme “Palliative care” which is unique in Slovenia. Research activities are primarily orientated in the field of nursing and health care in general. A huge emphasis is on interdisciplinary research and integration with other related research fields. College’s organizationa unit CVIKS (Centre for lifelong learning and carier orientation) is founded to provide transfer of knowledge, experiences and cases of good practice by offering educational trainings and counselling with purpose of increasing the level of quality and safety at work in nursing and in the whole care system.

One of the priority goals of the College is making close and intensive contacts and cooperation with foreign education and research institutions. We have been quite succesful in the last few years in the international space, in the moment we cooperate with 15 higher education institutions from abroad.





The main organizer



with partners



School of Nursing
GOSLAR, GERMANY



School of Health & Social Care
ENGLAND, UNITED KINGDOM



Faculty of Health Sciences
LUBLIN, POLAND

Under the auspices of the



Human Rights Ombudsman
of the Republic of Slovenia

and



MESTNA OBČINA CELJE



Nurses and Midwives
Association of Slovenia

The project is supported by



Nurse and Midwifery
Organization of Celje



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organization of Velenje

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