


UČNI NAČRT PREDMETA / COURSE SYLLABUS

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| Ime predmeta: | ADOLESCENTNA MEDICINA |
| Course title: | ADOLESCENT HEALTH CARE |

| Študijski program in stopnja Study programme and cycle | Študijska smer Study option | Letnik Year of study | Semester Semester |
|---|--------------------------------|-------------------------|----------------------|
| Splošna medicina EMŠP | / | 5.,6. | 10,11 |
| General Medicine | / | 5.,6. | 10,11 |

Vrsta predmeta (obvezni ali izbirni) /
Course type (compulsory or elective)

Izbirni

Elective

Univerzitetna koda predmeta / University course code:

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| Predavanja Lectures | Seminar Seminar | Vaje Tutorial | | | Klinične vaje Clinical training | Druge oblike študija Other forms of study | Samost. delo Individual work | ECTS |
|------------------------|--------------------|------------------|----|----|------------------------------------|--|---------------------------------|------|
| 20 | 25 | AV | LV | RV | 10 | | 35 | 3 |

Nosilec predmeta / Course coordinator:

Red. prof. dr. Dušanka Mičetić-Turk

Jeziki /Languages:

Predavanja / Lectures:

Slovenski/ Slovenian

Vaje / Tutorial:

Slovenski/ Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Prerequisites for enrolling in the course or for performing study obligations:

Vsebina (kratek pregled učnega načrta):

Content (syllabus outline):

Posebnosti telesnega razvoja in razvoj možganov v adolescenci,
Komunikacijske veščine in pomen zaupnosti, pravica do samoodločanja,
Etične dileme pri kliničnem delu in javno zdravstvenih pristopih,
Vpliv digitalnih tehnologij na zdravje in življenje mladostnikov,
Mladostnik in družinsko ter širše okolje,
Raziskovalno vedenje mladih, raba in zloraba drog,
Šolska medicina in mladim prijazne zdravstvene službe,

Peculiarities of physical and brain development in adolescence,
Communication skills and the importance of confidentiality, the right to self-determination,
Ethical issues in clinical care and public health
The impact of digital technologies on the health and life of young people
Adolescents and their family and wider environment,
Exploatory behavior of young people, use and abuse of drugs,
School medicine and youth-friendly health services,



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| <p>Mladostnik s prekomerno prehranjenostjo ali debelostjo in problem stigmatizacije, Spolno zdravje v adolescenci in spolna identiteta, Motnje hranjenja in motnje prehranjevanja, Šport kot zaščitni ali rizičen dejavnik za zdrav razvoj mladostnikov, Funkcionalne motnje, Mladostnik s kronično boleznijo in pomen tranzicije, Promocija zdravja in javnozdravstveni pogled na zdravje mladih, Duševno zdravje mladih Teme glede na aktualno dogajanje v družbi.</p> | <p>An adolescent with overnutrition or obesity and a stigmatization problem, Sexual health in adolescence and gender identity, Eating disorders, Sport as a protective or risk factor for the healthy development of adolescents, Functional disorders, An adolescent with a chronic illness and the importance of transition, Health promotion and a public health perspective on the health of young people, Mental health of young population Topics based on current events in society.</p> |
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Temeljna literatura in viri / Reading materials:

1. Adolescentna medicina, 1. in 2. modul, Univerza v Mariboru, 2023
2. Adolescentna medicina, 3. in 4. modul, Univerza v Mariboru, 2024 (v tisku)
3. Neinstein LS, Katzman DK, Callahan ST. Adolescent and Young Adult Health Care. Philadelphia, Wolters Kluwer, latest ed.
4. Juričič M. Mladostniki na prepihu časa: zbornik prispevkov in izvlečkov; VIII. Kongres šolske, študentske in adolescentne medicine; Ljubljana 2022, Sekcija za šolsko, študentsko in adolescentno medicino SZD. 3.
5. Core competencies in adolescent health and development for primary care providers: including a tool to assess the adolescent health and development component in pre-service education of health-care providers. Geneva, Switzerland. World Health Organization 2015.
6. WHO guideline on school health services. Geneva: World Health Organization; 2021. Licence: CC BY-NC-SA 3.0 IGO.

Dodatna literatura:

7. Weight bias and obesity stigma: considerations for the WHO European Region. Copenhagen: WHO Regional Office for Europe; 2017 (<https://apps.who.int/iris/handle/10665/353613>)
8. EuTEACH - European training in effective adolescent care and health: dosegljivo na; <https://www.unil.ch/euteach/en/home.html>, 8.9.2022.

Cilji in kompetence:

Študenti se bodo tekom izbirnega predmeta seznanili z glavnimi posebnostmi adolescentnega obdobja in z njim povezanimi zdravstvenimi značilnostmi in tveganji. Pridobili bodo komunikacijske sposobnosti za delo s posebej ranljivimi skupinami adolescentov. Med kliničnimi vajami se bodo seznanili z vrstami zdravstvenega varstva za mladostnike ter različnimi podpornimi organizacijami. Hkrati bodo pridobili veščine na

Objectives and competences:

During the elective course, students will become familiar with the main peculiarities of the adolescent period and the health characteristics and risks associated with it. They will acquire communication skills for working with particularly vulnerable groups of adolescents. During clinical exercises, they will learn about the types of health care for adolescents and various support organizations.



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| <p>področju promocije zdravja mladostnikov in mladih odraslih. Seznani se bodo s pomembnim področjem postopne predaje kroničnih bolnikov iz pediatrične oskrbe k družinskemu zdravniku oz. zdravnikom ustreznih specialnosti na sekundarni in terciarni ravni.</p> | <p>They will acquire skills in the field of promoting the Adolescents health. They will become familiar with the important area of gradual transfer of chronic patients from pediatric care to a family doctor or doctors of relevant specialties at the secondary and tertiary level.</p> |
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Predvideni študijski rezultati:**Znanje in razumevanje:**

Študent zna opisati posebnosti adolescentne medicine.

Prenosljive/ključne spretnosti in drugi atributi:

Študent na primeru demonstrira komunikacijo z adolescentno osebo z različnimi psihofizičnimi zdravstvenimi stanji in za vsako posamezno zdravstveno stanje določi obliko pomoči, ki je na voljo v slovenskem prostoru.

Študent utemelji prednosti multidisciplinarnega pristopa pri obravnavi javnozdravstvenih izzivov na področju zdravja mladih.

Intended learning outcomes:**Knowledge and understanding:**

Understanding the importance of adolescent medicine as a special and rapidly developing branch of medicine.

Transferable/key competences and other abilities:

Through the role play, students will acquire communication skills with adolescents with various psychophysical health conditions and get familiar with the main forms of help available in Slovenia.

Through working in groups, they will learn the advantages of a multidisciplinary approach in dealing with public health challenges in the field of youth health.

Metode poučevanja in učenja:

Predavanja, seminarji, igre vlog, delo v manjših skupinah.

Learning and teaching methods:

Lectures, seminars, role plays, work in small groups and other interactive teaching methods.

| Načini ocenjevanja: | Delež (v %) / Share (in %) | Assessment methods: |
|---|---------------------------------------|--|
| Način (pisni izpit, ustno izpraševanje, naloge, projekt) | | Method (written or oral exam, coursework, project): |
| Izpit | 30% | Exam |
| Seminarska naloga (Izdelava seminarja s predstavitvijo v predavalnici, tudi šoli ali drugi ustanovi z namenom promocije zdravja mladih. Igra vlog skozi katero se bo ocenjevalo pridobljene veščine tekom izbirnega predmeta.) | 70% | Creating a seminar with a presentation in a lecture hall, school or other institution with the aim of promoting the health of young people. A role-playing game through which the skills acquired during the elective course will be evaluated. |

**Reference nosilca / Course coordinator's references:**

MIČETIĆ-TURK, Dušanka, VLAISAVLJEVIĆ, Veljko, TURK, Eva, ŠIKIĆ POGAČAR, Maja. Onset of menarche is not delayed in Slovenian patients with celiac disease. *JIMR on-line*. Feb. 2019, vol. 47, iss.2, str. [815]-822.

ŠIKIĆ POGAČAR, Maja, VLAISAVLJEVIĆ, Veljko, TURK, Eva, MIČETIĆ-TURK, Dušanka. Reproductive complications in celiac disease patients in Slovenia. *European Journal of Obstetrics & Gynecology and Reproductive Biology*. [Online ed.]. July 2019, vol. 238, str. 90-94. ISSN 1872-7654.

TURK, Eva, MIČETIĆ-TURK, Dušanka, ŠIKIĆ POGAČAR, Maja, TAPAJNER, Alojz, VLAISAVLJEVIĆ, Veljko, PREVOLNIK RUPEL, Valentina. Health related QoL in celiac disease patients in Slovenia. *Health and quality of life outcomes*. 2020, vol. 18, art. no. 356, 6 str., tabele. ISSN 1477-7525.

GREGORIČ KUMPERŠČAK, Hojka, GRIČAR, Alja, ŪLEN, Ina, MIČETIĆ-TURK, Dušanka. A pilot randomized control trial with the probiotic strain *Lactobacillus rhamnosus* GG (LGG) in ADHD : children and adolescents report better health-related quality of life. *Frontiers in psychiatry*. 17. Mar. 2020, vol. 11, str. 1-9.

ŠIKIĆ POGAČAR, Maja, FIJAN, Sabina, MIČETIĆ-TURK, Dušanka. Consumption of fermented foods among adolescents in North Eastern Slovenia. *Journal of pediatric gastroenterology and nutrition*. [Online ed.]. Jun. 2022, vol. 74, suppl. 2, str. 1096.

ŠIKIĆ POGAČAR, Maja, MIČETIĆ-TURK, Dušanka, FIJAN, Sabina. Knowledge of fermentation and health benefits among general population in North-eastern Slovenia. *BMC public health*. 2022, vol. 22, str. 1-11,

Mičetić-Turk, Dušanka, Vogrin Bernarda. Adolescentna medicina- nastajanje nove specialnosti.. *Adolescentna medicina*, 1. in 2. modul, 2023, Univerza v Mariboru