

University of Ljubljana Faculty of Health Sciences Department of Midwifery

4STEPS meeting

Tampere, 25. - 30. 11. 2019

About Slovenia

- **Population:** 2 million
- **Area:** 20,273 km²
- **Capital:** Ljubljana
- **Official language:** Slovenian
- **Currency:** Euro
- **Political system:** Democratic Republic
- **Independent from YU 1991** Member of the Euro
- **Language** Slovenian
- **Highest peak:** Triglav (2864 m)
- **Coast:** Adriatic Sea (47 km of coastline)



About Ljubljana

- **The capital** of Slovenia
- **Area:** 275 km²
- **Population:** 283,000
- **Average January temperature:** around 0^o C
- **Average July temperature:** above 20^o C
- Kongresni trg is one of the central squares in Ljubljana featuring the seat of the University of Ljubljana



The University of Ljubljana

- Established in **1919** with **5** member schools
- At present: **23** faculties and **3** arts academies

1. Academy of *Fine Arts and Design*
2. Academy of *Music*
3. Academy of *Theatre, Radio, Film and Television*
4. *Biotechnical* Faculty
5. Faculty of *Administration*
6. Faculty of *Architecture*
7. Faculty of *Arts*
8. Faculty of *Chemistry and Chemical Technology*
9. Faculty of *Civil and Geodetic Engineering*
10. Faculty of *Computer and Information Science*
11. Faculty of *Economics*
12. Faculty of *Education*
13. Faculty of *Electrical Engineering*
14. Faculty of *Health Science*
15. Faculty of *Law*
16. Faculty of *Maritime Studies and Transport*
17. Faculty of *Mathematics and Physics*
18. Faculty of *Mechanical Engineering*
19. Faculty of *Medicine*
20. Faculty of *Natural Sciences and Engineering*
21. Faculty of *Pharmacy*
22. Faculty of *Social Sciences*
23. Faculty of *Social Work*
24. Faculty of *Sport*
25. Faculty of *Theology*
26. *Veterinary* Faculty



Univerza v Ljubljani



FIELDS OF STUDY
Natural Science, Technology and Engineering,
Social Sciences, Humanities, Medicine, Art

Z Univerza v Ljubljani
Zdravstvena fakulteta



The University of Ljubljana

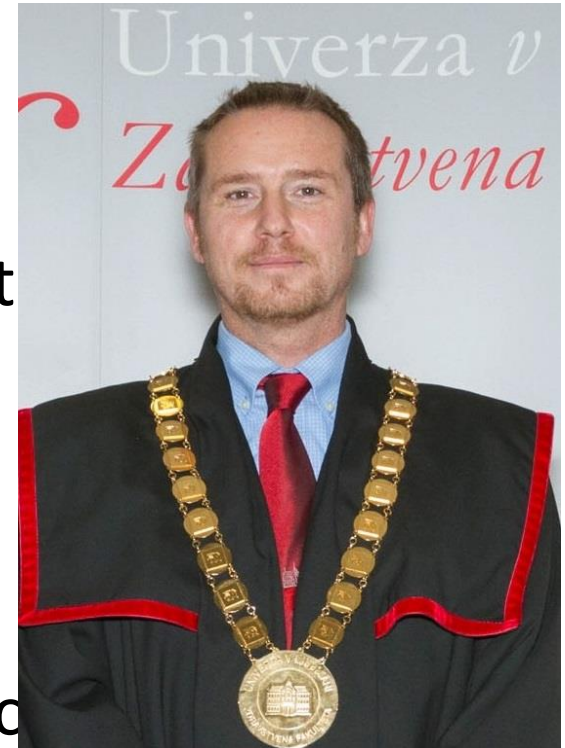
- **40.833** students
2113 international students
1613 incoming exchange students
- **9.684** graduates
- **5.747** employees
- **3946** registered researchers
- **331** young researchers + **16** post-docs
- **196** long-term research programmes
- **440** research projects



Faculty of Health sciences

MISSION AND VISION

- Excellent academic health science and research instit
- Dean: assoc. prof. dr. Andrej Starc
- Close cooperation with Slovenian and European educ
- Evidence-based knowledge



8 academic programmes

- **First cycle degree of higher professional education:**

- Midwifery
- Occupational therapy
- Orthotics and prosthetics
- Laboratory dental prosthetics

- **First & second cycle degree of higher professional education:**

- Nursing
- Physiotherapy
- Radiologic technology

- **First & second cycle degree of university education:**

- Sanitary engineering



Midwifery program

- Head of midwifery department **Anita Prelec,**



- Deputy of the head of midwifery department **Metka Sk**



- Head of Midwifery chair **Ana Polona Mivsek, PhD**

History of midwifery education in Slovenia

- 18th century midwifery school (empress Maria Theresa) – 1753 Ljubljana (till 1982)
- In 1996 higher education; implementation in 2005 (EU) and 2007 (Bologna)
- Currently developing MSc program and implementing the BSc program into 4years



Midwifery programme

- LEVEL: 1st Cycle
- DURATION: 3 years (6 semesters)
- NUMBER OF CREDITS: 180 ECTS
- PROFESSIONAL TITLE: diplomirana babica/ diplomirani babičar





















TEDEN babištva.

4. 5. do 5. 5. od 12. do 18. ure na Prekmurjem trgu
Iskrajinske občine študentov babištva
 Predstavljanje stare babiške modrosti, sklepanja in edine formule, prehrano, zdravila, karkacipajo in HPV virus, rdečevine z mornarščicam.

5. 5. od 17. uri na Prekmurjem trgu
Taleni za babiško
 Intervju s strokovnjaki
 Dojenje prijazne okolje
 Obsevirni pregleda v podporo dojenju v javnosti.

6. 5. od 7.30 do 16. ure na Zdravstveni fakulteti v Ljubljani
Babištva v mednarodnem prestonu. Izživi in vidi za prihodnost.
 Znanstvena konferenca z mednarodno udeležbo. Obsevirni predavanja!

23. 5. od 15. do 18. ure na Zdravstveni fakulteti v Ljubljani
Spolna zloraba in njen vpliv na spolnost, nosečnost ter porod.
 2. študentski babiški forum, vstop prost.

Se vidimo!

SOZP

NOVIČKE ŠTUDENTOV BABIŠTVA

Domov Naši projekti O nas Porodne zgodbe mamic Za nosečke

Za otroke

JUN 24 **Matične celice in odvzem popkovne krvi**
 Posted on jun 24, 2015 by študentbabištva

Embriionalne matične celice

Embriionalne matične celice tvorijo iz celic embria v blastocisti. S postopkom osamitve zarodek umičemo, zato se glede uporabe embriionalnih matičnih celic **porajajo števila moralno-etična vprašanja**. Trenutno na svetu dovoljujejo raziskave in poskuse z embriionalnimi matičnimi celicami le določene države. Drugi način pridobivanja embriionalnih matičnih celic je kloniranje. Tudi ta postopek je narateti na števila nasprotovanja, saj ga enačijo s kloniranjem ljudi, zamerjajo pa ga tudi z neobčno togično s številnimi javnimi celicami. (Knežević in sod., 2005).

Matične celice iz popkovične

Popkovična kri vsebuje precejšnje število matičnih celic, ki jih že daj časa uporabljamo v medicinske namene. Ker se postopka po rojstvu sicer zavže, je zbiranje matičnih celic iz popkovične moralo-etično nesporno in zato tudi ni veljih pravnih zahtevov za njihovo posejitev. Matične celice iz popkovične krvi že daj časa uporabljajo za **zdravljenje različnih, predvsem krvnih bolezni**, v večini primerov je šlo za **zdravljenje lenkemijskih obolenj**. Popkovično kri se odzame iz popkovične vene ali dveh popkovičnih arterij takoj po porodu. Vsebuje 10- do 100- krat več matičnih celic kot periferna kri odraslega. Matične celice iz popkovične krvi se uporabljajo za zdravljenje **genetskih bolezni**, povezanih z imunskim sistemom, različnih vrst krvnih rakov. Poleg tega se te celice lahko uporabljajo v regenerativni medicini, saj se lahko vzgojijo v različne celične vrste. Te celice lahko shranjujejo v bankah popkovične krvi tudi za dobo 20 let in več (Rožman in Jak, 2011).

Matične celice odraslih tkiv in organov

Vsa tkiva odraslega človeka vsebujejo določene matične celice, ki so odgovorne za obnavljanje odmrlih celic ali popravljanje tistih poškodo. S postopki pridobivanja in izbrane matične celice so primarne za uporabo v regenerativni medicini, za tkivno inženirstvo in za celično zdravljenje (Knežević in sod., 2005).

Javne banke financira država in shranjujejo vzorce popkovne krvi, ki so na voljo vsem možnim bolnikom, ki jih potrebujejo. Pri tem gre za solidarnostno-altruistično načelo, podobno kirovdajalstvu. Darovani vzorci se shranijo pod anonimno kodo, darovalci za svojega vzorca ne morejo več uporabiti. Pri zbiranju vzorcev morajo javne banke upoštevati zelo stroga merila kakovosti, da so zbirani vzorci primerni za vpis v mednarodni Register. **Zasebne banke** popkovne

Kategorije

- Dogodi
- Nasveti za nosečnice
- Nasveti za otroke
- Porodne zgodbe mamic
- Podpora
- Študent gre v svet

Ljubljana fakulteta



Curriculum

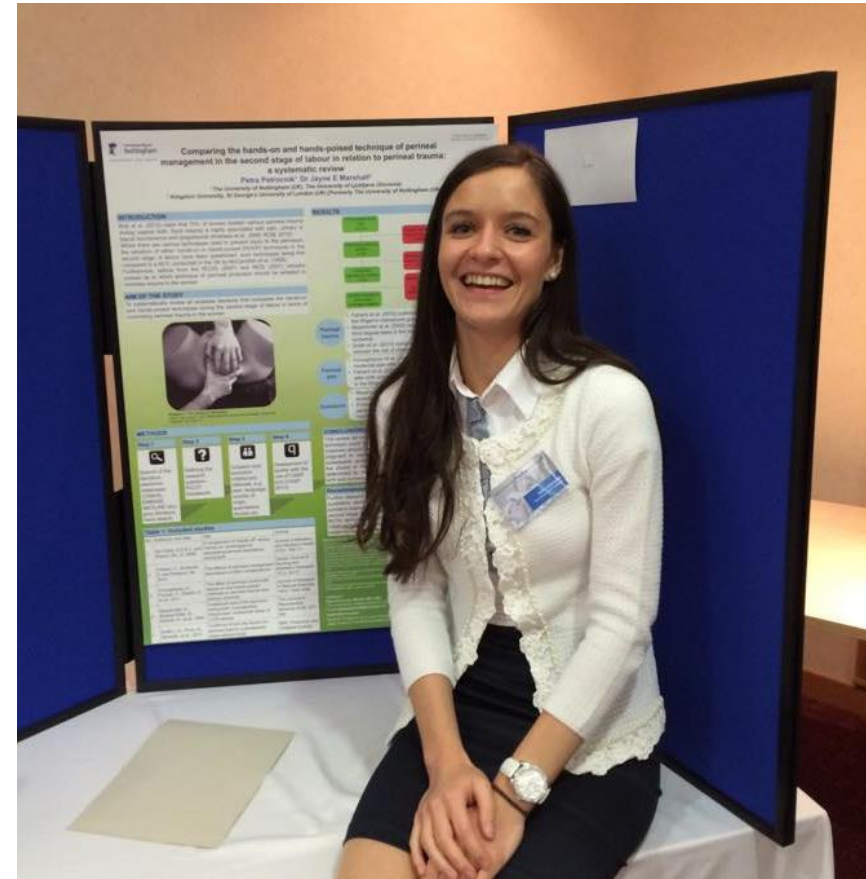
- 5400 hours of lectures, seminars, clinical practices and individual work
- 50% theory and 50% practice
- First year basic knowledge and physiology of antepartum, intrapartum and postpartum care
- Second and third year study gives knowledge on recognizing pathology in order to transfer women to specialists
- In the last semester elective subjects
- diploma work that consists of practical and theoretical exam, writing and presenting the thesis



Ljubljana team in 4 STEPS

PETRA PETROČNIK

- MSc In Midwifery & PhD student (UK)
- Departmental Erasmus + coordinator
- Special interest in physiological birth and family planning



Ljubljana team in 4 STEPS

POLONA MIVSEK

- First midwifery graduate in Slovenia BSc, MSc an PhD
- Worked in the delivery room Ljubljana
- Head of department for 10 years, head of midwifery chair from 2014
- Member of ICM education board

















Educational system in Slovenia



- ❑ Primary school (8 years till 2004, now 9)
↓
- ❑ Secondary school (gymnasium or other 3-4 years)
↓
- ❑ Professional exam or National exam (matura)
↓
- ❑ Colleges/Faculties (3-4 years)
↓
- ❑ Master programme – MSc (1-2 years)
↓
- ❑ PhD



Entry requirements for midwifery

- Students may apply after successfully completing any four-year secondary school program with final professional exam or national exam.

- In case of too many applicants, candidates are selected according to:
 - the grades of the matura or professional exam - 60%,
 - the final grades of the third and the fourth year of a secondary school - 40%.



Midwifery programme is based on:

- midwifery services as laid down by **EU sectoral directives**,
- strategy for the European Higher Education (**Bologna Declaration**),
- **Higher Education Act** Regulations in the Republic of Slovenia,
- present and anticipated population's demands and needs for midwifery health care, taking into consideration the latest professional development,
- past employment and experiences of midwives and related health care professionals,
- **WHO directives** on health protection and promotion, initiatives of professional associations (**ICM, EMA**, Chamber of Nursing and Midwifery – Union of Slovenian Associations of Nurses, Midwives and Nurse Assistants, Section of Nursing and Midwifery).



Midwifery syllabus

YEAR 1	YEAR 2	YEAR 3
Anatomy, Physiology and Pathology	Basics of Clinical Medicine and First Aid	Introduction to Research Methodology
Psychosocial Context of Midwifery	Obstetrics and Gynecology	Midwifery and Midwifery Practice 3
Natural Sciences	Health Care for Children	General elective subjects
Health Protection	Legal and Professional Responsibilities of Midwives	Professional elective subjects
Linguistic and IT Skills	Midwifery and Midwifery Practice 2	Diploma work
Reproductive Health and Professional Ethics	Health as a Value	
Midwifery and Midwifery Practice 1		

Theoretical modules in the curriculum

1. year	2. year	3. year
MIDWIFERY (midwifery care)	MIDWIFERY (midwifery care)	MIDWIFERY (midwifery care)
BIOLOGICAL SCIENCES IN MIDWIFERY (Anatomy with embriology, Biochem., Microbiology...)	WOMEN'S AND CHILDREN'S HEALTH (Paediatrics, MC of children, women and families...)	CLIENTS SPECIAL NEEDS IN MIDWIFERY (Selected themes from Surgery, Traumatology...)
WOMEN'S AND CHILDREN'S HEALTH (Obstetrics, Neonatology...)	HEALTH PROMOTION IN MIDWIFERY (Social medicine, Health and sexual education)	ORGANISATION AND LAW FOUNDATIONS FOR M. PRACTICE (Organisation, Health and social legislation...)
REFLECTIVE MIDWIFERY PRACTICE (Ethics, Philosophy)		
CLIENTS SPECIAL NEEDS IN MIDWIFERY (Selected themes from internal medicine...)	REFLECTIVE MIDWIFERY PRACTICE (Supervision, Personal development...)	HEALTH PROTECTION IN MIDWIFERY (Hygiene and ecology, Nutrition)
RESEARCH IN MIDWIFERY (Biostatistics, Computing and informatics, Research...)	CLIENTS SPECIAL NEEDS IN MIDWIFERY (Selected themes from Neurology, Dermatoven.)	PSYCHOSOCIAL ASPECTS IN MIDWIFERY (Sociology, Psychology, Mental health...)

Practical training in the midwifery curriculum

I. YEAR

<u><i>Clinical training</i></u>	<u><i>Practical training</i></u>
Introduction in clinical training	Antenatal classes I
MC of labouring women (delivery room)	MC of labouring women (delivery room)
MC of gynaecological clients	MC of gynaecological clients
	MC for women with normal pregnancy (Community clinic) 160 hours
	Reproduction

Practical training in the midwifery curriculum II. YEAR

<u>Clinical training</u>	<u>Practical training</u>	<u>Summer practice</u>
MC of women with risk pregnancy	MC of women with risk pregnancy	MC of labouring women*
MC of gynaecological patients (EINT gynaecology)	MC of gynaecological patients (EINT gynaecology)	
MC of ill, pre-term... newborns (EINT neon.)	MC of ill, pre-term and underweighted newborn babies (EINT neon.)	
MC of postpartum women and their babies	MC of postpartum women and their babies (normal and EINT surgical ward)	
Supervision	MC of labouring women	
	MC of ill babies (paediatrics, surgical ward)	
	MC for women with pathological pregnancy (community clinic)	*Choice of other Slovenian maternity hospitals



Practical training in the midwifery curriculum III. YEAR

<u>Clinical training</u>	<u>Practical training</u>
Diploma exam	Antenatal classes II
Community and dispensary service	Community and dispensary service
Intervention	MC of labouring women



Midwifery graduates are experts in:

- the field of reproductive health,
- health promotion,
- family planning counselling,
- health education.
- autonomous health monitoring of pregnant women,
- providing care for women during pregnancy, labour and in the postpartum period,
- Newborn and baby examination,
- counselling in breastfeeding,
- support to the family,
- helping menopausal women and women with gynaecological problems.



Organisation of midwifery in Slovenia



Ministry of health



Nurses and midwives association of Republic Slovenia
chief executive officer is Anita Prelec



Professional group of nurses nad midwives

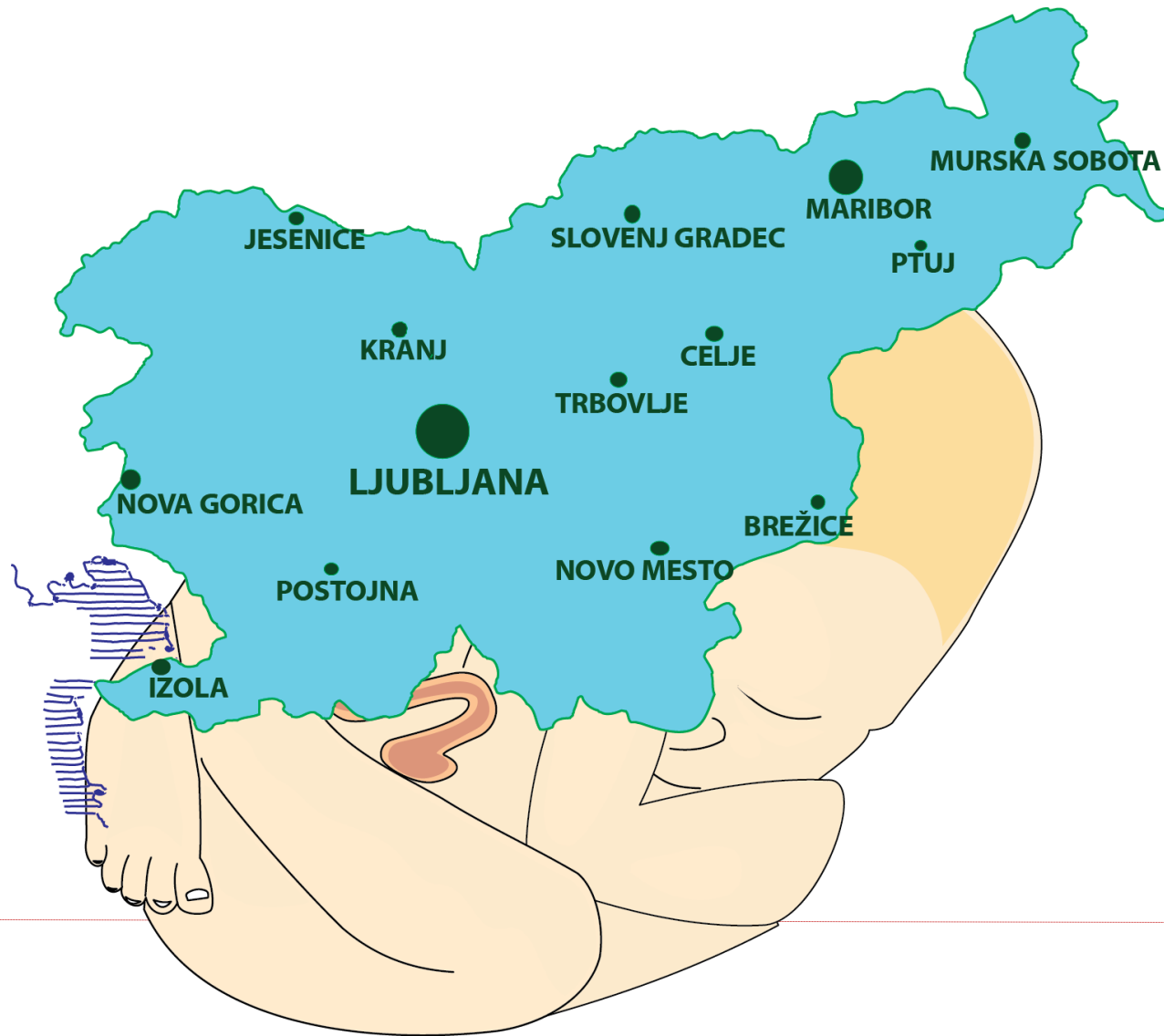


History of midwifery in Slovenia

- 1960's Shift of birth from home to hospital
- 2001 midwives can perform independently 5 of 10 antenatal exams
- 2007 registration Nurses and Midwifery assoc. (licences)
Cca.700 midwives (cca.400 BSc); mainly intrapartum care
- 2019 law regarding home births and independant midwifery



Midwifery in Slovenia



Reproduction facts



- 21000-22000 births/year; average 1,53 per family
- Average age of mothers is raising
- 86% of partners present at birth
- 2 ultrasounds and 10 examinations in healthy pregnancy
- 19,1% s.c. (41% elective); V.E. 3,1%; 32% epiziotomy
- 30 % of vaginal breech deliveries, 33 % successful rate of VBAC
- 17 % of epidural analgesia

