

**UČNI NAČRT PREDMETA / COURSE SYLLABUS**

<b>Ime predmeta:</b>	<b>Nastanek in vrste bolečine ter primerna obravnava bolnika z bolečino</b>
<b>Course title:</b>	<b>Beginning and the types of pain and appropriate management of the patient with pain</b>

<b>Študijski program in stopnja</b> <b>Study programme and cycle</b>	<b>Študijska smer</b> <b>Study option</b>	<b>Letnik</b> <b>Year of study</b>	<b>Semester</b> <b>Semester</b>
Splošna medicina, enovit magistrski študijski program		Četrty, peti, šesti	8., 10., 11.
General medicine, Uniform master's degree study program		Fourth, fifth, sixth	th, 10th, 11th

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

izbirni

elective

**Univerzitetna koda predmeta / University course code:**

<b>Predavanja</b> <b>Lectures</b>	<b>Seminar</b> <b>Seminar</b>	<b>Vaje</b> <b>Tutorial</b>			<b>Klinične vaje</b> <b>Clinical training</b>	<b>Druge oblike študija</b> <b>Other forms of study</b>	<b>Samost. delo</b> <b>Individual work</b>	<b>ECTS</b>
		<b>AV</b>	<b>LV</b>	<b>RV</b>				
5	40						45	3

**Nosilec predmeta / Course coordinator:**

**Jeziki /Languages:**

**Predavanja / Lectures:** slovenski/slovene

**Vaje / Tutorial:** slovenski/slovene

**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):**

1. Uvod: fiziologija in psihologija bolečine, anamneza in pregled
2. Akutna bolečina
3. Bolečina zaradi raka
4. Nevropatska bolečina
5. Razvoj kronične bolečine
6. Specifični bolečinski sindromi

**Content (syllabus outline):**

1. Introduction: physiology and psychology of pain, history and examination
2. Acute pain
3. Cancer pain
4. Neuropathic pain
5. Development of pain chronicity
6. Specific pain syndromes

## Temeljni literatura in viri / Reading materials:

### Osnovna literatura:

Ballantine JC, Fishman SM, Rathmell JP. Bonica's management of pain. LWW: Philadelphia 2018

Gold MS, Pogatzki-Zahn EM, Wallace MS. Pain 2018: Refresher courses, 17th World Congress on Pain. Boston :IASP Press 2108

Belieu P, Lussier D, Porreca F, Dickenson AH. Pharmacology of pain. Seattle: IASP Press;2010

### Dodatna literatura:

Dworkin R, Breitbart WS. Psychosocial aspects of pain: a handbook for health care providers. Seattle; IASP Press;2004

Acute pain management. Australian and New Zealand College of Anaesthesia and Faculty of Pain Medicine;2015

Mayer EA, Bushnell MC. Functional pain syndromes.Seattle:IASPPress;2009

### Cilji in kompetence:

#### Cilji:

Pridobiti osnovno znanje in veščine za diagnosticiranje in zdravljenje bolečine na izčrpen in jasen način.

#### Kompetence:

Študent bo sposoben opraviti pregled bolnika z bolečino in jo opredeliti po vzroku, patofiziologiji, lokalizaciji in trajanju. Študent bo lahko ocenil bolečino, razumel njen vpliv na kakovost življenja bolnika in bo sposoben oceniti kateri načini zdravljenja so primerni za določeno bolečino.

### Objectives and competences:

#### Objectives:

The students will acquire basic knowledge and core skills for diagnosis and treatment of pain in a comprehensive and coherent fashion.

#### Competences:

student will be able to perform the examination of patient with pain and to identify pain causes, pathophysiology, localization and duration. Student will be able to measure pain and its implications for the patients' quality of life and will be able to assess the appropriate pain management for the certain pain.

### Predvideni študijski rezultati:

#### Znanje in razumevanje:

- Primarno bodo študenti:

-sposobni pri bolniku ugotoviti in oceniti bolečino  
-razumeti bolnikovo bolečino iz vseh vidikov kakovosti življenja,

-uporabiti metode analgezije za doseganje učinkovite kontrole bolečine, klasificirati metode izbirnega zdravljenja po stopnjevalni shemi

-sposobni oceniti učinkovitost določene obravnave bolečine

-prepoznati indikacije in uporabiti primerno psihoterapevtsko zdravljenje

- Delno bodo študenti usposobljeni za prepoznavanje in osnovno specifično obravnavo:

-akutne bolečine po poškodbi in operaciji

-bolečine zaradi raka

-nevropatske bolečine

-kronične bolečine, ki ni posledica raka

-funkcionalnih bolečih sindromov

Prenesljive/ključne spretnosti in drugi atributi:

Predmet omogoča, da študent spozna pomen celostne obravnave bolnika z bolečino

### Intended learning outcomes:

#### Knowledge and understanding:

- Primarily, students should:

-be able to identify patients with pain and measure pain  
-learn to understand a patient's pain and all its implications for the patient's quality of life

-know and apply the methods of analgesia which offer effective pain control for the majority of patients, and to classify those methods in a graded scheme

-be able to evaluate the effectiveness of a particular pain management

-know and be able to apply the indications for appropriate psychotherapeutic treatment for pain

- In particular, student should be able to differentiate between and to know the basic principles of specific treatment of main syndromes:

-acute post-traumatic and post-operative pain

-cancer pain

-neuropathic pain

-chronic non-cancer pain

-functional pain syndromes

Transferable/Key Skills and other attributes:

The course will enable student to recognize the importance of integral pain management

Metode poučevanja in učenja:	Learning and teaching methods:	
<ul style="list-style-type: none"> <li>• Predavanja</li> <li>• Klinični primeri</li> <li>• Seminarji</li> </ul>	<ul style="list-style-type: none"> <li>• Lectures</li> <li>• Clinical cases</li> <li>• Seminars</li> </ul>	
Načini ocenjevanja:	Delež (v %) / Share (in %)	Assessment methods:
<p>Način (pisni izpit, ustno izpraševanje, naloge, projekt)</p> <ul style="list-style-type: none"> <li>• Seminar</li> <li>• Pisni izpit</li> </ul> <p>ŠTUDIJSKE OBVEZNOSTI ŠTUDENTOV: Obvezna prisotnost na seminarjih in kliničnih vajah</p> <p>POGOJI ZA PRISTOP K POSAMEZNEMU PREVERJANJU ZNANJA: Seminarska naloga je pogoj za pisni izpit</p>	<p><b>50</b></p> <p><b>50</b></p>	<p>Type (examination, oral, coursework, project):</p> <ul style="list-style-type: none"> <li>• Seminar</li> <li>• Written exam</li> </ul> <p>ACADEMIC OBLIGATIONS OF STUDENTS: Obligatory presence at seminars and clinical cases</p> <p>REQUIREMENTS FOR ACCESS TO INDIVIDUAL KNOWLEDGE CHECKING: Coursework is prerequisite for written exam</p>

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

1. KRČEVSKI-ŠKVARČ, Nevenka. Transdermal buprenorphine in clinical practice: results from a multicenter, noninterventional postmarketing study in Slovenia. *Pain manag. (Lond., Print)*, 2012, vol. 2, no. 2, str. 177-183, doi: [10.2217/pmt.11.91](https://doi.org/10.2217/pmt.11.91). [COBISS.SI-ID [4226111](#)]
2. STROJNIK, Tadej, VELNAR, Tomaž, KRČEVSKI-ŠKVARČ, Nevenka. Ali je stimulacija hrbtenjače učinkovita metoda zdravljenja vztrajajoče bolečine v križu in nogi po operaciji? : naše izkušnje z 21 primeri = Is the spinal cord stimulation an effective treatment for failed back surgery syndrome? : our experience with 21 cases. *Acta medico-biotechnica*, 2010, vol. 3, no. 1, str. 25-34. [COBISS.SI-ID [512083256](#)]
3. KRČEVSKI-ŠKVARČ, Nevenka. Prevalence of pain in family practice: gender issues. *Journal of pain management*, 2010, vol. 3, no. 2, str. 149-157. [COBISS.SI-ID [3827775](#)], [Scopus do 25. 2. 2011: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0]
4. KRČEVSKI-ŠKVARČ, Nevenka, KAMENIK, Mirt. Effects of pregabalin on acute herpetic pain and postherpetic neuralgia incidence. *Wien. klin. Wochenschr., Suppl.*, 2010, vol. 122, suppl. 2, str. 49-53, doi: [10.1007/s00508-010-1345-x](https://doi.org/10.1007/s00508-010-1345-x). [COBISS.SI-ID [3668031](#)], [JCR, WoS do 9. 9. 2010: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0, Scopus do 13. 6. 2012: št. citatov (TC): 1, čistih citatov (CI): 1, normirano št. čistih citatov (NC): 0]
5. KALSO, Eija, ALLAN, Laurie, DOBROGOWSKI, Jan, JOHNSON, Martin, KRČEVSKI-ŠKVARČ, Nevenka, MACFARLANE, Gary J., MICK, Gérard, ORTOLANI, Sergio, PERROT, Serge, PERUCHO, Alfredo, SEMMONS, Ian, SÖRENSEN, Jan. Do strong opioids have a role in the early management of back pain? Recommendations from a European expert panel. *Curr. med. res. opin.*, 2005, vol. 21, no. 11, str. 1819-1828. [COBISS.SI-ID [2180415](#)], [JCR, WoS do 7. 2. 2012: št. citatov (TC): 14, čistih citatov (CI): 14, normirano št. čistih citatov (NC): 6, Scopus do 18. 6. 2012: št. citatov (TC): 21, čistih citatov (CI): 21, normirano št. čistih citatov (NC): 8]
6. KAMENIK, Mirt, PAVER-ERŽEN, Vesna, ZABAVNIK, Z..., KRČEVSKI-ŠKVARČ, Nevenka, HORVAT, I.... Hämodynamische Effekte einer Spinalanästhesie mit 2% Lidocain im Vergleich u0,5% isobarem Bupivacain. *Anaesthetist*, 2000, letn. 49, št. 6, str. 517-522. [COBISS.SI-ID [12798937](#)], [JCR]

**7.** KAMENIK, Mirt, PAVER-ERŽEN, Vesna, TOŠ, Lučka, ZABAVNIK, Zoran, KRČEVSKI-ŠKVARČ, Nevenka, HORVAT, Ivana. Haemodynamic effects of subarachnoid blockade: 20% lignocaine versus 0.5% painbupivacaine. *Middle East j. anaesthesiol.*, 2000, letn. 15, št. 5, str. 491-501. [COBISS.SI-ID [12806105](#)], [WoS do 3. 10. 2006: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0, Scopus do 16. 6. 2012: št. citatov (TC): 1, čistih citatov (CI): 1, normirano št. čistih citatov (NC): 1]

**8.** KRČEVSKI-ŠKVARČ, Nevenka, PEČAN, Marija, GODEC, Marija, STARE, Janez, KAMENIK, Mirt. Pacientova pričakovanja in izkušnje z akutno pooperativno bolečino: rezultati ankete "Bolečina po operaciji" = The patient's expectations and experiences with acute postoperative pain: results of inquiry Pain after surgery. *Zdrav Vestn (Tisk. izd.)*. [Tiskana izd.], 1997, let. 66, št. 2, str. 61-64. [COBISS.SI-ID [116441](#)]

**9.** KRČEVSKI-ŠKVARČ, Nevenka. Pain relief with controlled-release morphine tablets in patients with advanced cancer. *J. Balk. Union Oncol.*, oct. 1996, vol. 1, no. 2, str. 95-97. [COBISS.SI-ID [427940](#)]