	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet Course title	**Medicinske osnove zdravilskih metod**
	Medical Basics of Complementary and Alternative Medicine Methods

Študijski program in stopnja Study programme and level	**Študijska smer Study field**	**Letnik Academic year**	**Semester Semester**
Fitoterapija	Ni smeri študija	1. letnik	1.
Phytotherapy	No study field	1st year	1st

Vrsta predmeta/Course type	obvezni/obligatory

Univerzitetna koda predmeta/University course code	FIT_1_UN2

Predavanja Lectures	**Sem. vaje Tutorial**	**Kab. vaje Cabinet tutorial**	**Lab. vaje Laboratory work**	**Teren. vaje Field work**	**Samost. delo Individ. work**	**ECTS**
45	15				90	6

Nosilec predmeta/Lecturer:	prof. dr. Borut Peterlin

Jeziki/ Languages:	**Predavanja/Lectures:**	slovenski/Slovenian
	Vaje/Tutorial:	slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	**Prerequisites:**
• Vpis v prvi letnik študijskega programa. • Študent mora pred izpitom pripraviti in predstaviti seminarsko nalogo.	• The prerequisite for inclusion is enrolment in the first year of study. • Students have to successfully prepare and present a seminar paper before the examination.

Vsebina:	**Content (Syllabus outline):**
• *Osnove medicinske znanosti* Zgodovina, skrb za bolnika, anamneza in pregled, simptomi in znaki bolezni, diagnoza, predpisovanje zdravil, medicinska etika, epidemiologija, medicinske raziskave, medicina podprta z dokazi, nujna stanja • *Mehanizmi bolezenskih znakov in simptomov* • *Osnovne zdravilske metode* Zgodovina, skupne značilnosti in specifičnosti posameznih metod: življenski	• *Fundamentals of medical science* History, medical care of the patient, medical history and examination, symptoms and signs of disease, diagnosis, prescribing drugs, medical ethics, epidemiology, controlled trials, evidence-based medicine, emergencies • *Mechanisms of symptoms and signs of disease* • *Basic healing methods*

stil, mind-body, biokemične, biomehanske, bioenergetske metode • *Indikacijska področja, mehanizmi delovanja metod, strokovni dokazi o učinkovitosti in škodljivosti* • *Integrativna preventivna medicina* • *Mesto zdravilskih metod v medicini*	History, common characteristics and specificities of healing therapies: life-style, mind-body, biochemical, biomechanical and bioenergetic methods • *Indication areas, mechanism of methods' action, evidence of efficacy and harm* • *Integrative preventive medicine* • *Healing methods in alopathic medicine*

Temeljna literatura in viri/Readings:
Temeljna literatura/Basic literature • Mihevc, M. (2016). *Klinični priročnik za študente splošne medicine.* Univerzitetna založba Univerze, Dostopna na: https://dk.um.si/Dokument.php?id=109110 • Micozzi, M. (2019). F*undamentals of complementary, alternative and integrative medicine.* 6th. ed., Elsevier. **Priporočljiva literatura/Recommended literature** • CAM 2020. T*he contribution of Complementary and Alternative medicine to sustainable healthcare in Europe.* Dostopno na: http://www.camdoc.eu/Pdf/CAM%202020%20final.pdf.

Cilji in kompetence:	**Objectives and competences:**
Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc: • celovito kritično razmišljanje, sposobnost analize, sinteze in predvidevanja rešitev s področij zdravilskih metod; družboslovnih in humanističnih ved, ter drugih ved (interdisciplinarnost); • obvladovanje raziskovalnih metod, postopkov in procesov; • sposobnost kreativne uporabe znanja pri delu s pacientom; • sposobnost reševanja kompleksnih problemov pri delu s pacientom z multidisciplinarnim pristopom: analiza situacije, načrtovanje ukrepov, izvedba načrta, vrednotenje in samovrednotenje; • profesionalna komunikacija s strokovnjaki drugih znanstvenih področij in usposobljenost za delovanje v medpoklicnih timih; • vsestransko in sistematično obravnavo pacienta glede na relevantne fizične, psihične, socialne, kulturne, duhovne in družbene dejavnike; • zavezanost profesionalni etiki, vključujoč znanje o metodah evalvacije in	*The learning unit mainly contributes to the development of the following general and specific competences:* • comprehensive critical thinking, the ability to analyse, synthesise and predict solutions in the field healing therapies, humanities, educational, social, organisational, and other sciences (interdisciplinarity); • mastering research methods, procedures, processes and technology; • the ability to creatively use knowledge in treating patients; • the ability to solve complex issues in treating patients using the multidisciplinary approach: analysis of the situation, planning the measures, implementing the plan, evaluating and self-evaluating; • professional communication with experts from other scientific fields and qualification to work in interprofessional teams; • comprehensive and systematic treatment of the patient with regard to relevant physical, psychological, social, cultural, spiritual and social factors;

optimizacije svojega dela ter o varovanju dostojanstva, zasebnosti in zaupnosti pacientov; • uvajanje in izvajanje sodobnih zdravilskih metod pri delu s pacientom in v sistemu zdravstvenega varstva.	• dedication to professional ethics, including knowledge of methods of self-evaluation and self-optimization, as well as of protecting the dignity, privacy and confidentiality of patients; • introduction and implementation of contemporary healing practices in treating patients and in the health care system.

Predvideni študijski rezultati:	**Intended learning outcomes:**
Študent/študentka:	***Students:***
• pozna zgodovino medicinske znanosti in zdravilskih metod, • razume osnovne medicinske koncepte, ki vključujejo skrb za bolnika, anamnezo in pregled, simptome in znake bolezni, diagnozo, predpisovanje zdravil, medicinsko etiko, epidemiologijo, medicinske raziskave, medicino podprto z dokazi, nujna stanja, • pozna osnovne mehanizme bolezenskih znakov in simptomov, • pozna osnove glavnih kategorij zdravilskih metod, njihove skupne značilnosti in specifičnosti, • pozna indikacijska področja in mehanizme delovanja zdravilskih metod, • se usposobi za kritično presojo o učinkovitosti in škodljivosti zdravilskih metod, • razume preventivni potencial zdravilskih metod, • razume mesto zdravilskih metod v medicini.	• know the history of medical science and healing methods, • understand the basic medical concepts which include medical care of the patient, history and examination, symptoms and signs of disease, diagnosis, prescribing drugs, medical ethics, epidemiology, controlled trials, evidence-based medicine, emergencies, • know the basic mechanisms of symptoms and signs of disease, • know the bases of the main categories of healing methods, their common characteristics and specificities, • know indication areas, mechanism of healing methods' action, evidence of efficacy and harm of healing practices, • develop skills for critical evaluation of efficacy and harm of healing practices, • recognize the preventive potential of healing methods, • recognize the place of healing practices in allopathic medicine.

Metode poučevanja in učenja:	**Learning and teaching methods:**
• *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • *seminarske vaje:* priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge, portfolio (reševanje problemov, študije primera, kritično presojanje, diskusija, refleksija izkušenj, vrednotenje, projektno delo, timsko delo).	• *lectures* with active student participation (explanation, discussion, questions, examples, problem solving), • *seminar tutorial:* preparation, presentation and a successful defence of a project paper, portfolio (problem solving, case studies, methods of critical thinking, discussion, reflection of experience, evaluation, project work, teamwork).

Načini ocenjevanja:	Delež (v %) Weight (in %)	**Assessment:**
Načini: • izpit • izdelava, predstavitev in zagovor seminarske naloge Ocenjevalna lestvica: ECTS.	60 % 40 %	Types: • exam • preparation, presentation and defence of the seminar paper Grading scheme: ECTS.