



Ustanoviteljica
Mestna občina
Ljubljana



Zdravstveni dom Ljubljana
Community Health Centre Ljubljana



A DAY IN MODEL PRACTICE IN COMMUNITIY HEALTH CENTER LJUBLJANA

Metka Žitnik

E-mail: metka.zitnik@zd-lj.si

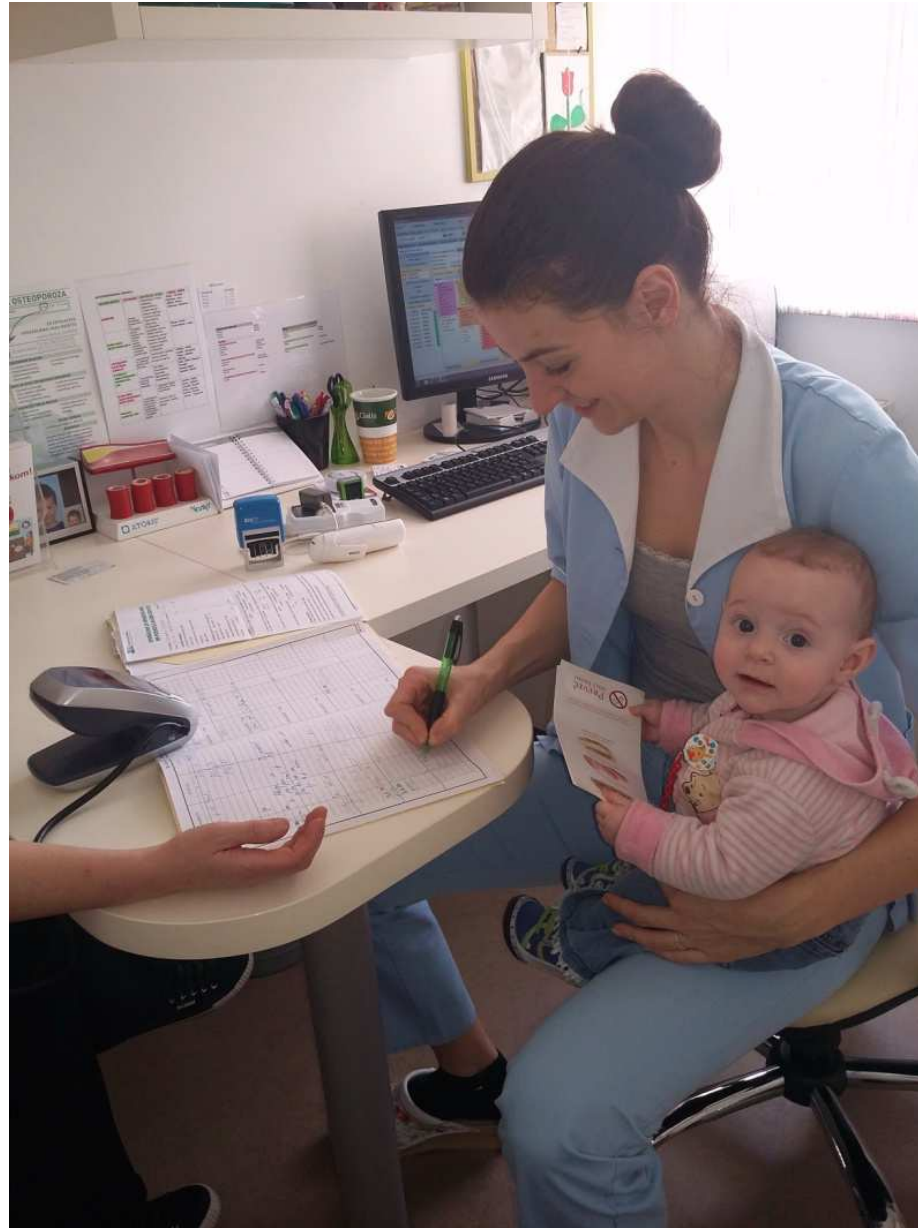




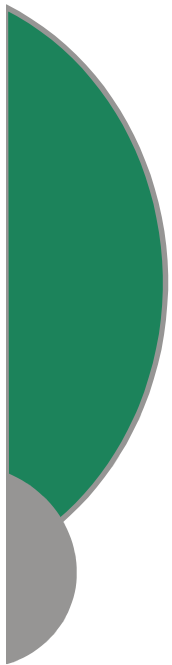
**Today, more than ever, medicine is
a group activity rather than an individual one.**

Due to this change in how we view medicine individual professions now demand
acknowledgement and recognition of skills and competencies.

**To be esteemed, respected,
and acknowledged for one's contribution!**

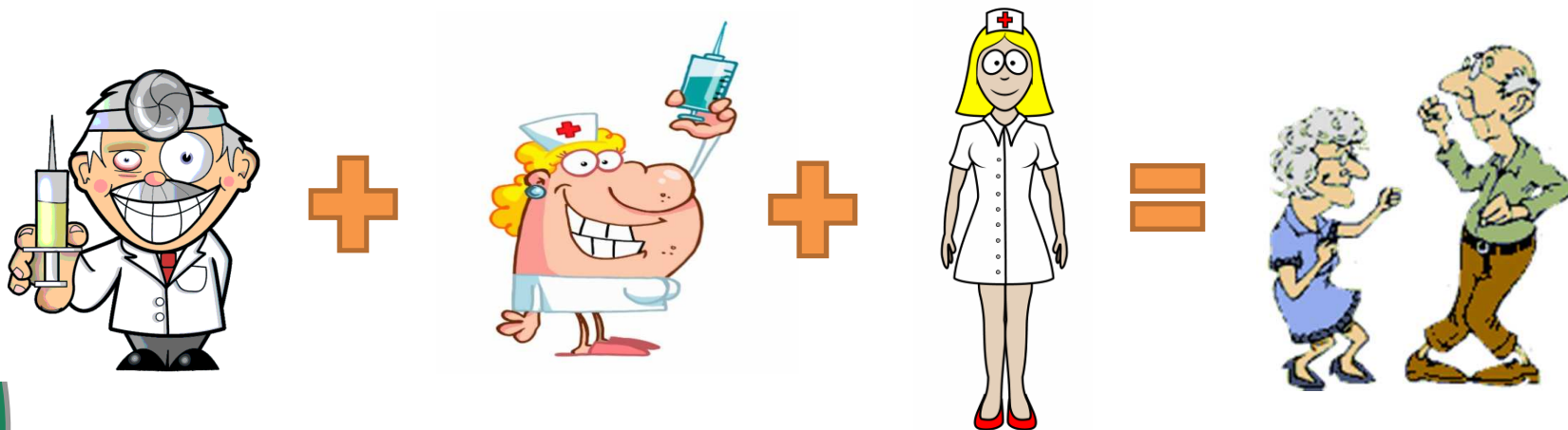


**EVERY BEGINNING IS
HARD**





NEW TEAM





WHAT DO I DO?



PREVENTION

**MANAGEMENT OF WELL
MANAGED
CHRONICAL
PATIENT**

**KEEPING
A REGISTER
AND
REPORTING
ABOUT ONE'S
WORK**

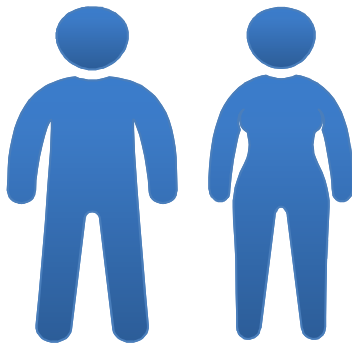
“MY” POPULATION

- **3775 PATIENTS**
- 334 DIABETES
- 1193 HYPERTENSION
- 97 COPD
- 171 ASTHMA
- ... AND SO ON...

PREVENTIVE CHECK-UP

WHO, WHY AND HOW?

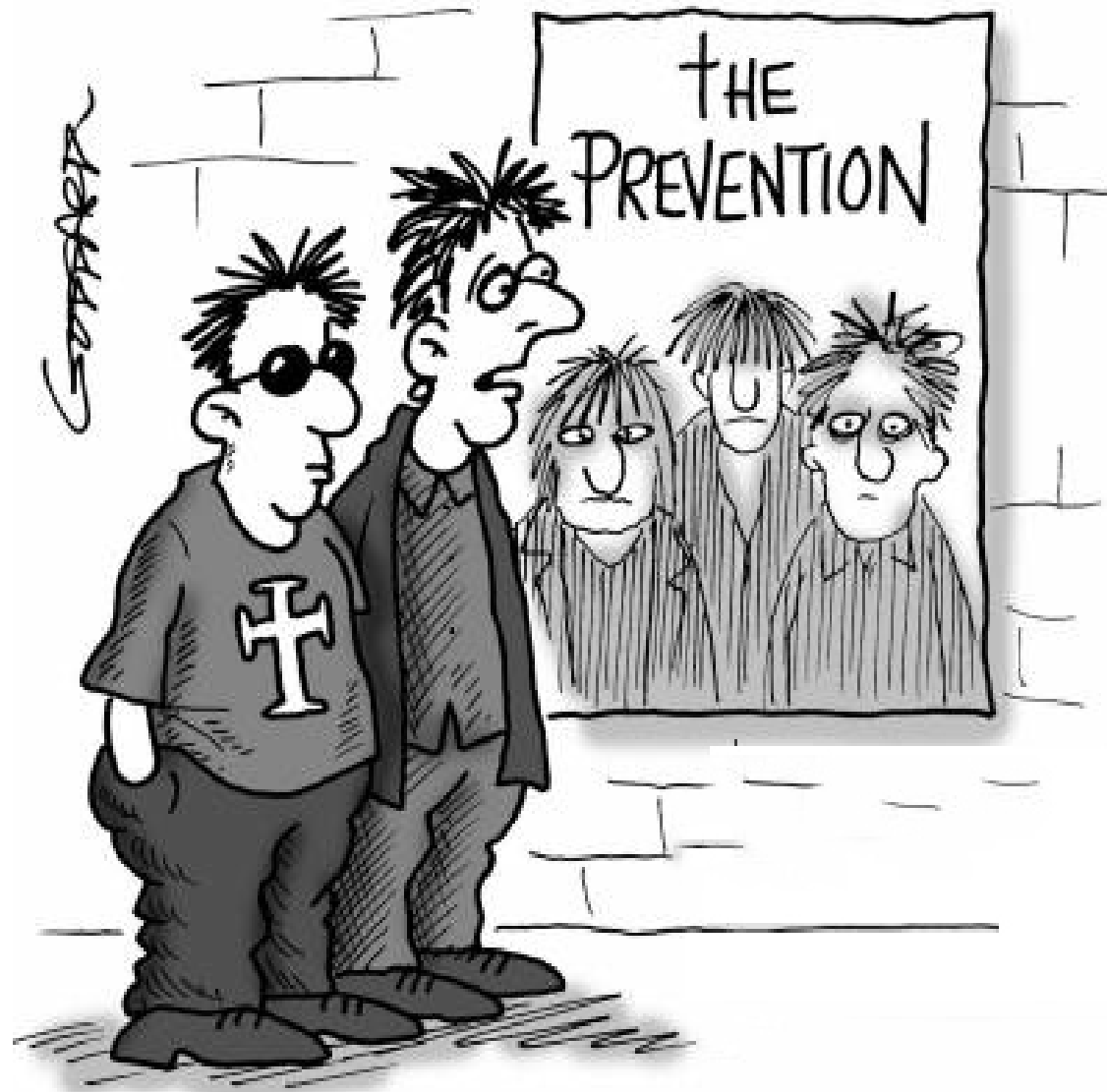
- All patients over 30



- Systematic checking/screening for type 2 diabetes, arterial hypertension, asthma, COPD, depression, benign prostatic hyperplasia and osteoporosis
- Use of standardized questionnaires

NURSING CARE PROCESSES AND PROCEDURES

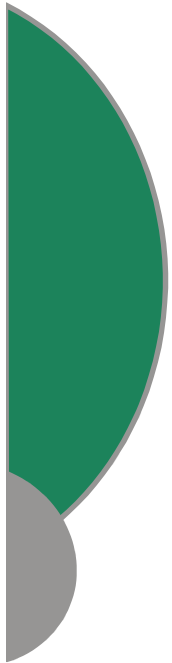
- HEIGHT
- WEIGHT
- ABDOMINAL GIRTH
- BLOOD PRESSURE MEASUREMENT
- PULSE
- SATURATION
- PALPATING AND RECORDING PERIPHERAL PULSES
- REFERRAL TO AN ORAL GLUCOSE TOLERANCE
- RECORDING AN ELECTROCARDIOGRAM
- TOLERANCE



"Apparently they're better than The Cure."

DECISION

- HEALTHY
- WITH RISK FACTORS
- SICK





INTERPROFESSIONAL COLLABORATION

NURSE PRACTITIONER

Simulation center

Community nurse

GP

Patient

Health care promotion center

MANAGEMENT OF CHRONIC DISEASE AND PREVENTION HAN IN HAND



KEEPING REGISTERS

	Register sladkorna bolezen			
	2012	2013	2014	2015
OE Celje	2454	4013	4969	6674
OE Koper	497	1678	2147	2746
OE Kranj	1330	5288	6259	2765
OE Krško	1324	1965	2497	6647
OE Ljubljana	6875	10410	13156	14987
OE Maribor	3445	5755	7556	6512
OE Murska Sobota	1687	2737	4375	2886
OE Nova Gorica	1467	2618	3458	3823
OE Novo mesto	1625	2609	3381	3846
OE Ravne na Koroškem	167	892	1534	2633
Skupaj	20871	37965	49332	53519



RESULTS

	ASTHMA	COPD	DIABETES	HYPERTENSIA	DEPRESSION
2012	720	798	2442	3578	278
2013	690	833	2481	5581	754
2014	848	931	3366	6551	1669
2015	982	943	3723	8015	2631

An American study from 2010 revealed that a group of several women has a higher collective intelligence and makes better, more successful decisions, regardless of how smart and experienced the individuals in it are.

Williams Woolley, 2010





**People keep saying that
something can't be done,
until someone comes along
...and does it!**

Florence Nightingale



THANKS
FOR THE
APPLAUSE.

