

# Organiziranost programov s področja zdravstvene preventive v Sloveniji

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**Raziskovalno vprašanje (RV):** Kako so v Sloveniji organizirani in umeščeni programi s področja zdravstvene preventive?

**Namen:** V raziskavi smo predstavili organiziranost slovenskega zdravstva in umeščenost preventivne dejavnosti v zdravstveni sistem. Predstavili smo še ciljno usmerjenost preventivnih zdravstvenih programov na pojav določenih bolezni in preprečevanje ter zmanjšanje njihove pojavnosti.

**Metoda:** Cilje raziskave smo dosegli s sistematičnim pregledom verodostojnih virov s področja zdravstvene preventive, organizacije in zakonodaje. Za namen raziskovanja smo uporabili deskriptivno metodo dela s katero smo analizirali javno dostopne dokumente ter strokovno/znanstvene članke le s polnim besedilom.

**Rezultati:** V Sloveniji imamo dobro organizirane preventivne programe, katerih nabor se še vedno dopolnjuje.

**Organizacija:** Dobra organizacija in prepoznavnost preventivnih zdravstvenih programov je bistvenega pomena za ohranjanje zdravja populacije in preprečevanje obolevnosti.

**Družba:** Številne bolezni je možno preprečiti ali omiliti z odgovorno skrbjo za lastno zdravje z upoštevanjem pravil zdravega sloga življenja in z samozaščitnim vedenjem.

**Originalnost:** Raziskava bo na enem mestu sistematično predstavila preventivne programe in njihov namen na vseh ravneh zdravstvene obravnave.

**Omejitve/nadaljnje raziskovanje:** Za izboljšanje kakovosti delovanja zdravstvenih preventivnih programov priporočamo izvedbo širše raziskave z namenom ugotavljanja zadovoljstva uporabnikov programov.

**Ključne besede:** zdravstveni sistem, preventiva, organizacija, uporabniki.

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**Robert Sotler** je absolvent doktorskega študija na FOŠ. Po izobrazbi je diplomirani zdravstvenik, magister javnega zdravja in ima več kot 20 let delovne dobe na različnih področjih v zdravstvu. Trenutno je zaposlen na Univerzi Ljubljana, Zdravstveni fakulteti kot visokošolski učitelj. Habilitiran je v višjega predavatelja s področja zdravstvene nege.

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## Organisation of Preventive Health Programmes in Slovenia

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**Research Question (RQ):** How are preventive health programmes organised and positioned in Slovenia?

**Aim:** The aim of the study was to present the organisation of the Slovenian health care system and the positioning of preventive activities in the health care system. It was also presented how preventive programmes target the occurrence of certain diseases and the prevention and reduction of their incidence.

**Methods:** The objectives of the study were achieved through a systematic review of authoritative sources in the field of health prevention, organisation and legislation. A descriptive working method was used for the study, analysing only full-text publicly available documents and professional/scientific articles.

**Findings:** Slovenia has well-organised preventive programmes, and its services continue to expand.

**Organisation:** Good organisation and visibility of preventive programmes is essential for maintaining health in population and preventing morbidity.

**Society:** Many diseases can be prevented or mitigated if people take care of their own health responsibly, follow rules for a healthy lifestyle and act self-protectively.

**Originality:** The study will provide a systematic overview of preventive programmes and their purpose at all levels of health care in one place.

**Limitations/follow-up research:** To improve the quality of preventive programmes, we recommend that a broader survey of programme user satisfaction be conducted.

**Keywords:** health care system, prevention, organisation, users.

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**Robert Sotler** is a doctoral student at the Faculty of Organisation Studies. He holds a Master's degree in Public Health and has more than 20 years of experience in various health care settings. He is currently a lecturer at the Faculty of Health Sciences, University of Ljubljana. He was habilitated as a senior lecturer in nursing.

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