

# Razvoj sestrištva na Klinici za psihijatriju i psihološku medicinu Kliničkog bolničkog centra Zagreb

## */ Development of Nursing at the Department of Psychiatry and Psychological Medicine of the University Hospital Centre Zagreb*

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Sestrištvo u psihijatriji počelo se pojavljivati u kasnom 19. stoljeću kao nova dimenzija brige za psihički oboljele osobe te u kontekstu psihijatrije kao znanstvene discipline. Dvadeseto stoljeće bilo je ključno za procvat i napredak psihijatrijskog sestrištva kao potpuno priznate i neovisne profesije uključeno već i u znanstveno područje medicine u cijelom svijetu. Razvoj psihijatrijskog sestrištva u Hrvatskoj započeo je osnivanjem Bolnice Vrapče 1879. godine, a tom razvoju doprinijele su i medicinske sestre i tehničari Klinike za psihijatriju i psihološku medicinu KBC-a Zagreb.

U današnjem vremenu, kompetencije medicinskih sestara i tehničara u psihijatriji usmjerene su na pružanje sigurne, kvalitetne i kreativne sestrišne skrbi, na komunikaciji unutar multidisciplinarnog tima te provođenje intervencija utemeljenih na znanju, dokazima i usklađenih sa standardima sestrišne profesije.

Psychiatric nursing started emerging in the late 19th century as a new dimension of care for mentally ill persons in the context of psychiatry as a scientific discipline. The twentieth century had a pivotal role for the flourishing and advancement of psychiatric nursing as a fully recognized and independent profession already included in the scientific field of medicine all over the world. The development of psychiatric nursing in Croatia began with the establishment of the Vrapče Hospital in 1879, and nurses and medical technicians of the Department of Psychiatry and Psychological Medicine of the University Hospital Centre Zagreb have largely contributed to this development.

Nowadays, the competencies of nurses and medical technicians in psychiatry are directed at providing safe, quality and creative nursing care, communicating within a multidisciplinary team and conducting knowledge- and evidence-based interventions aligned with the standards of the nursing profession.

Na Klinici za psihijatriju i psihološku medicinu trenutno je zaposleno 70 medicinskih sestara i tehničara; 37 medicinskih sestara i tehničara srednje stručne spreme, 21 prvostupnik sestrinstva, 9 magistrica i magistara sestrinstva i 3 diplomirane medicinske sestre.

U skladu s naobrazbom i kompetencijama sudjeluju u provođenju ili samostalno provode specifične intervencije, neinvazivne i invazivne dijagnostičke i terapijske postupke kod hospitaliziranih, ambulantnih i dnevno-bolničkih bolesnika.

Krajem 19. stoljeća medicinske sestre počinju intenzivno razmišljati o različitim aspektima svoga rada i potrebi za jasnim smjernicama unutar profesije i profesionalnih aktivnosti.

Pojavljuje se veliki broj teoretičarki sestrinstva koje su doprinijele jačem razvoju novonastale profesije od kojih su najznačajnije Linda Richards i Hildegard E. Peplau.

Medicinske sestre i tehničari posljednjih desetljeća u svijetu, pa tako i u Hrvatskoj, bilježe sve izrazitiji kvantitativni rast i danas već prednjače u ukupnoj strukturi ljudskih potencijala u zdravstvenom sustavu.

Paralelno s kvantitativnim rastom teče i proces kvalitativnog razvoja, pa su medicinske sestre i tehničari danas, zahvaljujući osnovnoj izobrazbi u stručnim ili znanstvenim institucijama, specijalizacijama ili subspecijalizacijama, te cjeloživotnom obrazovanju ovladali poželjnom količinom stručnog znanja.

Medicinska sestra/tehničar u psihijatrijskom timu čini važnu kariku u procesu liječenja i zdravstvene njege, a atmosfera koju stvara tim utječe na razvijanje pozitivnog terapijskog okruženja i bolju psihološku njegu.

Kompetencije medicinske sestre u zaštiti mentalnog zdravlja imaju veliki raspon, od jednostavnog savjetovanja, savjetovanja u kriznim situacijama, intervencijama u hitnim stanjima do primjene farmakoterapije, kao psiho- i socioterapije.

Zdravstvena njega u mentalnom zdravlju je planirana briga sa psihijatrijskim djelovanjem.

## RAZVOJ PSIHIJATRIJSKOG SESTRINSTVA U HRVATSKOJ

Razvoj psihijatrijskog sestrinstva u Hrvatskoj započeo je osnivanjem Bolnice Vrapče 1879. godine. Za prve bolesnike brinule su redovnice uz pomoć priučenih bolničara – čuvara i pomoćnog osoblja, a njega bolesnika sastojala se od brige za održavanje osobne higijene i higijene prostorija, čuvanja bolesnika od bijega i ozljeda, te vođenja radne terapije.

The Department of Psychiatry and Psychological Medicine currently employs 70 nurses and medical technicians out of which number 37 have secondary education, 21 are bachelors in nursing, 9 are masters of nursing and 3 are graduate nurses.

In accordance with their education and competencies, they participate in the implementation or independently carry out specific interventions, non-invasive and invasive diagnostic and therapeutic procedures in hospitalized, outpatient and day-hospital patients.

At the end of the 19th century, nurses began to think intensively about various aspects of their work and the need for clear guidance within the profession and professional activities.

A large number of nursing theoreticians appeared and contributed to the further development of this newly created profession, the most significant of which were Linda Richards and Hildegard E. Peplau.

In recent decades, nurses and medical technicians worldwide, including in Croatia, have seen an increasing quantitative growth and today they are already at the forefront in the overall structure of human resources in the healthcare system.

In parallel with quantitative growth, the process of qualitative development has also been taking place. Thanks to their basic training in professional or scientific institutions, specializations or subspecializations, as well as lifelong education and training, nurses and medical technicians have mastered a desirable amount of expertise.

The nurse/medical technician in the psychiatric team makes an important link in the treatment and the overall health care process, as the atmosphere created by the team influences the development of a positive therapeutic environment and better psychological care.

Nurses in mental health care cover a wide scope of competencies, ranging from simple counselling, counselling in crisis situations and emergency interventions to the application of pharmacotherapy, psychotherapy and socio-therapy.

Mental health care is a planned care that involves psychiatric treatment.

## DEVELOPMENT OF PSYCHIATRIC NURSING IN CROATIA

The development of psychiatric nursing in Croatia had begun with the establishment of the Vrapče Hospital in 1879. The first patients were cared for by nuns with the help of trained paramedics — guards and support personnel. Patient care consisted of taking care of personal and facilities hygiene, keeping patients from escaping and injuring themselves, and conducting work therapy.

Znanje se stjecalo radom na odjelu pod nadzorom iskusnih časnih sestara i uz stručnu podršku liječnika.

Sestrinska psihijatrijska praksa pratila je razvoj psihijatrijske znanosti, stručno obrazovanje za sestre i razvoj sestrinstva uopće. Uvođenjem novih postupaka u liječenje bolesnika ukazivala se potreba za obrazovanim kadrovima. Bolnica Vrapče 1932. godine osniva prvu Bolničarsku školu za njegu duševnih bolesnika, koju su osim zaposlenika Bolnice pohađali i zaposlenici drugih zdravstvenih ustanova. Iako je prva Škola za sestre pomoćnice osnovana 1921. godine, školovane medicinske sestre zapošljavaju se u psihijatrijskim bolnicama tek krajem 40-tih godina 20. stoljeća (1).

Zaslugom doktora Štampara 1953. godine osnovana je Viša škola za sestre koja je bila pripojena Medicinskom fakultetu.

Godine 1959. ponovo je za stjecanje temeljne obrazobrazbe medicinskih sestara bio uveden srednjoškolski obrazovni program u trajanju od 4 godine.

Hrvatska udruga medicinskih sestara (HUMS) nastala je na temeljima Društva medicinskih sestara i tehničara Hrvatske koje je rad započelo 1926. godine te je bila član Međunarodnog vijeća sestara od 1929. godine.

Neuropsihijatrijska sekcija Društva medicinskih sestara Hrvatske kao stručna sekcija osnovana je 1971. godine. Njen rad prekinuo se 1977. godine, a reaktivirana je u veljači 1980. godine kada predsjedništvo preuzimaju medicinske sestre Klinike za neurologiju, psihijatriju, alkoholizam i druge ovisnosti tada Kliničke bolnice doktor Mladen Stojanović, sada KBC Sestre milosrdnice.

Neuropsihijatrijska sekcija bila je stručno vrlo aktivna, njene su članice sudjelovale na stručnim skupovima organiziranim na razini RH i tadašnje Jugoslavije, a prisustvovala su i na međunarodnim skupovima. U tom razdoblju donosi se odluka o organiziranju Dana neuropsihijatrijske sekcije te o dodjeli priznanja i nagrada aktivnim članicama povodom tih dana. Predsjedništvo sekcije prelazi iz Bolnice Dr. Mladen Stojanović u Psihijatrijsku bolnicu Jankomir, a potom u Psihijatrijsku bolnicu Vrapče. Nažalost, 1991. godine zbog ratnih zbivanja u našoj zemlji, rad sekcije postaje manje aktivan, sastanci se rjeđe održavaju, ali rad ipak ne prestaje. U razdoblju od 1980. do 1990. sekcija prati sve promjene u zdravstvu i školstvu, uključuje se u izradu programa za edukaciju medicinskih sestara na petom stupnju KV ljestvice, za rad u socijalnoj psihijatriji, a zalaže se i za otvaranje studija za medicinske sestre (sedmi stupanj). U travnju 1994. godine rad sekcije se ponovo intenzivira. Na izornoj skupštini pred-

Knowledge was acquired through work on the ward under the supervision of experienced nuns and with the professional support of medical doctors.

As a practice, psychiatric nursing followed the development of psychiatry as a field of science, vocational education and training for nurses and the development of nursing in general. With the introduction of new procedures in the patient treatment, the need for more educated personnel became evident. In 1932, the Vrapče Hospital founded the first Paramedic School for Mental Health Care, which was attended by the Hospital employees as well as employees of other medical institutions. Despite the fact that the first School for Nursing Assistants was founded in 1921, trained nurses were recruited in psychiatric hospitals as late as the end of the 1940s (1).

In 1953, thanks to doctor Štampar, the Nursing College was established and annexed to the School of Medicine.

In 1959, a secondary 4-year educational programme was reintroduced for the basic training in nursing.

The Croatian Association of Nurses (HUMS) emerged from the Association of Nurses and Technicians of Croatia, which began its work in 1926 and was affiliated to the International Council of Nurses in 1929.

The neuropsychiatric section of the Society of Nurses of Croatia was founded in 1971 as an expert section. Its work was terminated in 1977 and then reactivated in the February of 1980 when the nurses of the Clinic for Neurology, Psychiatry, Alcoholism and Other Addictions, at the time belonging to the University Hospital Dr. Mladen Stojanović (Sestre milosrdnice University Hospital), took over the presidency.

The neuropsychiatric section was very active and its members participated in professional conferences organized in Croatia and the former Yugoslavia, as well as in international conferences. During this period, a decision was made to organise days dedicated to the neuropsychiatric section together with an award in order to recognize the achievements of its active members. The presidency of the section was initially transferred from the University Hospital Dr. Mladen Stojanović to the Jankomir Psychiatric Hospital and then to the Vrapče Psychiatric Hospital. Unfortunately, in 1991, due to the war in our country, the section became less active; its meetings were held less frequently, however, it did not stop operating. In the period from 1980 to 1990, the section monitored all changes in health care and education, became actively involved in the development of training programmes in nursing (at the fifth level) and social psychiatry, and was also advocating for the opening of nursing studies (at the seventh level). In April 1994, the section intensified its activities again. At the electoral assembly, the presidency and the executive committee of the section was taken over by the nurses employed at the Department of Psychiatry of

sjedništvo, to jest izvršni odbor sekcije preuzimaju medicinske sestre Klinike za psihijatriju KBC-a Rebro. Odlučeno je da dotadašnja Neuropsihijatrijska sekcija promijeni ime u Psihijatrijska sekcija.

S obzirom na političke promjene u zemlji i na uspostavu samostalne i neovisne države Hrvatske dolazi i do promjena u ustrojstvu sestriinske udruge. Psihijatrijska sekcija prilagođava svoj poslovnik i izrađuje novi pečat. Donosi se i plan rada koji obuhvaća organizaciju i sudjelovanje na stručnim skupovima, suradnju među psihijatrijskim ustanovama te poticanje stručnog usavršavanja medicinskih sestara za rad s duševnim bolesnicima. Odlučeno je da se i dalje u skladu s tradicijom održavaju dani psihijatrijske sekcije, danas Hrvatskog psihijatrijskog društva medicinskih sestara i tehničara (2).

Dana 9. 5. 1995. u Psihijatrijskoj bolnici Jankomir održani su 1. dani psihijatrijske sekcije kojima je predsjedavala Darja Benussi. Svake četiri godine predsjedništvo je prelazilo u drugu psihijatrijsku ustanovu: KBC Zagreb, KBC Sestre milosrdnice, Klinika za psihijatriju Jankomir i Klinika za psihijatriju Vrapče. Klinika za psihijatriju KBC-a Zagreb mandat je ponovo preuzela 2011. godine. Za predsjednika Društva imenovan je Zoran Bradaš, mag. med. techn. a za tajnicu društva Marija Božičević, mag. med. techn. U četiri godine mandata održana su četiri kongresa s međunarodnim sudjelovanjem i tri simpozija. Uz svaki kongres i simpozij štampan je zbornik radova odnosno udžbenik. U organizaciji simpozija sudjelovali su prof. dr. sc. Alma Mihaljević-Peješ i prof. dr. sc. Darko Marčinko.

Radovi iz psihijatrijskog sestrintstva često su objavljivani i u sestriinskim časopisima.

*Sestriinska riječ* prvi je naš sestriinski časopis koji je izlazio u Zagreb 1933.-1941., a glavna urednica bila je Lujza Wagner Janović (190.-1945.). Stručno glasilo Hrvatske udruge medicinskih sestara, *Sestriinski glasnik*, izlazi od 1995. godine. *Croatian Nursing Journal*, recenzirani je sestriinski časopis koji su pokrenuli Zdravstveno veleučilište Zagreb i Hrvatska komora medicinskih sestara 2017. godine. Časopis objavljuje izvorne radove s ciljem unaprjeđenja i razmjene znanja i iskustva, te omogućavanja praćenja suvremenih stručnih i istraživačkih trendova u području sestrintstva i drugih zdravstvenih znanosti.

Časopis za primijenjene zdravstvene znanosti (engl. *Journal of Applied Health Sciences*) pokrenut je s namjerom objavljivanja izvornih istraživačkih, teorijskih i metodoloških znanstvenih i stručnih radova u rujnu 2015. godine.

Svakako jedan od najvažnijih događaja u modernoj povijesti hrvatskog sestrintstva bio je i izglasavanje

the University Hospital Centre Zagreb. A decision was reached to change the name of the former Neuropsychiatric Section to the Psychiatric Section.

Due to the political changes in the country and the establishment of an independent Croatian state, the changes in the organization of the nursing association were introduced. The Psychiatric Section aligned its rules of procedure and made a new seal. A work plan was also adopted to include organisation and participation in professional conferences, cooperation between psychiatric institutions and fostering professional training of nurses for work with mental patients. It was decided that the days of the psychiatric section of the Croatian Psychiatric Association of Nurses and Technicians (2) continue to be held in accordance with the tradition.

The 1st days of the psychiatric section were held on 9 May 1995 and chaired by Darja Benussi at the Jankomir Psychiatric Hospital. Every four years the presidency rotated from one psychiatric institution to another, i.e., University Hospital Centre Zagreb, Sestre milosrdnice University Hospital, Jankomir Clinic for Psychiatry and the Vrapče Clinic for Psychiatry. The Department of Psychiatry of the University Hospital Centre Zagreb took over the presidency once again in 2011. Zoran Bradaš, M.Sc. in Medical Technology, was appointed president and Marija Božičević, M.Sc. in Medical Technology, was appointed secretary of the Association. Over the four years of the mandate, four congresses with international participation and three symposiums were held. Each congress and symposium was accompanied with a collection of papers or a textbook published. Professors Alma Mihaljević-Peješ, PhD, and Darko Marčinko, PhD, participated in the organisation of the symposia.

Papers on psychiatric nursing were also published in nursing journals.

*Sestriinska riječ* is the first Croatian magazine dedicated to nursing. It was published in Zagreb during the period 1933 to 1941 with Lujza Wagner Janović as the editor-in-chief (190-1945). *Sestriinski glasnik* is the professional journal of the Croatian Association of Nurses circulating since 1995. *Croatian Nursing Journal* is a peer-reviewed nursing journal launched by the University of Applied Health Sciences Zagreb and the Croatian Chamber of Nurses in 2017. The journal publishes original articles with the aim of improving and exchanging knowledge and experience and enabling monitoring of modern professional and research trends in the field of nursing and other health sciences.

*Journal of Applied Health Sciences* was launched in September 2015 with the intention of publishing original research and theoretical and methodological scientific and professional papers.

The passing of the Law on Nursing in 2003 and the establishment of the Croatian Chamber of Nurses and

Zakona o sestrinstvu u Hrvatskom saboru 2003. godine i osnivanje Hrvatske komore medicinskih sestara i tehničara.

Do 2009. godine u Hrvatskoj, medicinske sestre i tehničari koji su brinuli za psihički oboljele osobe nisu imali drugo obrazovanje osim zvanja medicinske sestre/tehničara općeg smjera.

Formalno školovanje za psihijatrijske sestre/tehničare počinje 2009. g. prvim diplomskim specijalističkim studijem u Zagrebu u akademskoj godini 2010./2011.

## RAZVOJ SESTRINSTVA NA KLINICI ZA PSIHIJATRIJU KBC-a ZAGREB

Prva neuropsihijatrijska klinika osnovana je u Zagrebu 1921. godine, četiri godine nakon osnutka Medicinskog fakulteta. Prvi bolesnici primljeni su na liječenje 1923. godine. Klinika je tada imala oko 45 kreveta i bila je smještena u zgradi u Kukovićevoj ulici. U KBC Zagreb preseljena je 1946. godine.

Neuropsihijatrijska klinika podijeljena je na kliniku za neurologiju i kliniku za psihijatriju 1971. godine. Iste godine iz odjela za psihoterapiju dotadašnje Neuropsihijatrijske klinike formira se Centar za mentalno zdravlje koji je 1988. godine dobio status klinike za psihološku medicinu (3).

U prvim danima njegu psihijatrijskih bolesnika odnosno čuvanje bolesnika na Klinici provodili su neškolorani, priučeni bolničari. Jedini školovani bolničar bio je Mile Kalafatić.

Medicinske sestre na psihijatrijske odjele dolaze 1954. godine; tada je za odjelnu sestru Muške psihijatrije postavljena viša medicinska sestra Josipa Smodlaka. Na odjelu Ženske psihijatrije glavna sestra bila je kratko Milica Ostrovidov, a zatim Višnja Šupe.

Razdvajanjem Neuropsihijatrijske klinike 1971. godine, vms Josipa Smodlaka postaje prva glavna sestra Psihijatrijske klinike s centrom za mentalno zdravlje i na toj dužnosti ostaje do odlaska u mirovinu 1984. godine. Cijeli svoj radni vijek vms Josipa Smodlaka je provela na Klinici za psihijatriju i svojim radom i zalaganjem doprinijela njenom razvoju. Organizirala je zdravstvenu skrb za bolesnike, uvela mjere sprječavanja intrahospitalnih infekcija te sudjelovala u specifičnim dijagnostičko-terapijskim postupcima (elektro-šokovi, inzulinske kome). Poticala je edukaciju novopridošlih medicinskih sestara i tehničara te bolničara koji su već radili na Klinici. Predavala je na školi za bolničare, bila suosnivačica Psihijatrijske sekcije i

Medical Technicians was certainly one of the most important events in the modern history of Croatian nursing.

Until 2009, Croatian nurses and technicians caring for mentally ill persons had no other form of formal education than general training for nurses and medical technicians.

Formal education in psychiatric nursing and medical technology was introduced in 2009 with the first graduate specialist study organised in Zagreb in the academic year 2010 /2011.

## DEVELOPMENT OF NURSING AT THE DEPARTMENT OF PSYCHIATRY AT THE UNIVERSITY HOSPITAL CENTRE ZAGREB

The first neuropsychiatric clinic was founded in Zagreb in 1921, four years after the founding of the School of Medicine. The first patients were admitted to treatment in 1923. At the time, the clinic had about 45 beds and was located in a building on Kukoviće Street. It was moved to the University Hospital Centre Zagreb in 1946.

In 1971, the neuropsychiatric clinic was divided into a neurology clinic and a psychiatry clinic. During the same year, the Centre for Mental Health was formed from the psychotherapy department of the former Neuropsychiatric Clinic. The Centre received the status of a clinic for psychological medicine in 1988 (3).

In the first days, untrained paramedics carried out the care for psychiatric patients at the Clinic. Mile Kalafatić was the only trained paramedic.

In 1954, nurses started working in psychiatric wards as well. The senior nurse Josipa Smodlaka was appointed ward nurse of the Male Psychiatry. The senior nurse Milica Ostrovidov was appointed ward nurse of the Female Psychiatry Department for a brief period of time, followed by Višnja Šupe.

After the division of the Neuropsychiatric Clinic in 1971, the senior nurse Josipa Smodlaka was appointed first head nurse of the Psychiatric Clinic (with a mental health centre) and remained on that position until her retirement in 1984. Josipa Smodlaka spent her entire working life at the Clinic for Psychiatry and had largely contributed to its development with her work and dedication. She organized patient health care, introduced measures to prevent intrahospital infections and participated in specific diagnostic and therapeutic procedures (electroshocks, insulin comas). She also encouraged the education of new nurses, medical technicians and paramedics already working at the Clinic. She taught at the school for paramedics, was a co-founder of the Psychiatric Section and secretary of the Associa-

tajnica Udruženja medicinskih sestara Jugoslavije. Aktivno je sudjelovala i organizirala brojne stručne skupove i kongrese u zemlji i inozemstvu te bila članica Uređivačkog odbora „Naše novine“, službenog glasila KBC-a Zagreb. Te iste godine, za odjelnu sestru Muškog odjela imenovana je vms Ružica Petrak. Njen profesionalni put obilježila su sudjelovanja u edukaciji učenika srednje medicinske škole, studenata Više medicinske škole te pomoć u nastajanju i autorstvo u prvom psihijatrijskom udžbeniku za studente Visoke zdravstvene škole u Zagrebu. Dužnost glavne sestre Klinike za psihijatriju obnašala je od 1984. godine sve do umirovljenja 2010. godine.

Godine 1975. na Klinici za psihijatriju formiran je odjel socijalne psihijatrije. Odjelna sestra tog odjela postaje vms Darja Benussi. Osim što je sudjelovala u razvoju socijalne psihijatrije u Hrvatskoj i bila suosnivač istog odjela u KBC-u Zagreb, vms Darja Benussi ostala je zapamćena kao osoba koje se zalagala za razvoj sestrinstva u psihijatriji i ukazivala na potrebu za educiranim psihijatrijskim sestrama. Bila je suradnica u nastajanju Prvog psihijatrijskog udžbenika za studente Visoke zdravstvene škole te provodila edukaciju studenata. Uvela je i koristila, kao dio sestrinske dokumentacije, Sestrinsku ocjensku ljestvicu za ležeće ispitanike (NOSIE-30) kao mjeru terapijskog pomaka kod hospitaliziranih shizofrenih bolesnika (4). Zbog iznimnog truda koji je Darja Benussi ulagala u razvoj i napredak sestrinske struke, struka ju je izabrala za prvu predsjednicu Psihijatrijske sekcije medicinskih sestara i tehničara. U njezinu čast i čast onoga što je značila za medicinske sestre u psihijatriji, nakon njezine smrti 2004. godine, Psihijatrijsko društvo medicinskih sestara i tehničara počinje dodjeljivati svojim članovima godišnju nagradu s njezinim imenom za izniman doprinos u razvoju psihijatrijskog sestrinstva u Republici Hrvatskoj. Dobitnici ove prestižne nagrade bili su i djelatnici Klinike za psihijatriju i psihološku medicinu: Marija Detelić, Zoran Bradaš i Marija Božičević (5). Godine 1983. osnivaju se dvije dnevne bolnice u kojima su radile vms Marija Detelić i vms Marija Bartolić. U poliklinici se organizira patronažna skrb za psihijatrijske bolesnike koje je obilazila vms Đurđica Novak.

Centar za krizna stanja sa četiri kreveta i 24-satnom telefonskom službom otvara se 1986. godine. U njemu je tada radilo pet medicinskih sestara koje su skrbile za ležeće bolesnike, ali i primale telefonske pozive preusmjeravajući ih drugim suradnicima.

Razvojem Klinike nastaju kadrovske promjene i dopune. Sukladno tome, odjelnim sestrama po-

tion of Nurses of Yugoslavia. In addition to that, Josipa Smodlaka actively participated in, organized a host of professional meetings and congresses in the country and abroad and was a member of the Editorial Board of *Naše novine*, the official newsletter of the University Hospital Centre Zagreb. In the same year, the senior nurse Ružica Petrak was appointed ward nurse of the Male Psychiatry Department. Her professional path was marked by the training of senior nursing students, students of the Medical School and providing assistance in the establishment and publishing of the first psychiatric textbook for students of the Health Polytechnic in Zagreb. She was the head nurse of the Clinic of Psychiatry from 1984 until her retirement in 2010.

In 1975, a department of social psychiatry was formed at the Clinic of Psychiatry. The senior nurse Darja Benussi was appointed ward nurse of that department. In addition to participating in the development of social psychiatry in Croatia and being one of the co-founders of the department of social psychiatry at the University Hospital Centre Zagreb, the senior nurse Darja Benussi is remembered as a person who advocated the development of nursing in psychiatry and emphasized the need for well trained psychiatric nurses. She took part in the establishment of the First Psychiatric Textbook for the students of the Health Polyclinic and conducted the training of students. Darja Benussi introduced and used, as part of the nursing documentation, the Nursing Assessment Scale for Recumbent Subjects (NOISE-30) as a measure of therapeutic shift in hospitalised schizophrenic patients (4). Due to exceptional efforts that Darja Benussi invested in the development and advancement of the nursing profession, her colleagues elected her the first president of the Psychiatric Section of Nurses and Medical Technicians. Following her passing in 2004, in her honour and in the honour of everything she did for psychiatry nurses, the Psychiatric Association of Nurses and Technicians started awarding its members an annual award bearing her name for outstanding contributions to the development of psychiatric nursing in Croatia. Employees of the Department of Psychiatry and Psychological Medicine were awarded this prestigious award, namely Marija Detelić, Zoran Bradaš and Marija Božičević (5). In 1983, two day hospitals were established in which senior nurses Marija Detelić and Marija Bartolić worked. The polyclinic organized nursing home care for psychiatric patients performed by the senior nurse Đurđica Novak.

The Crisis Centre with four beds and a 24-hour telephone service was established in 1986. At the time, five nurses worked at the Crisis Centre and cared for recumbent patients but also received phone calls diverting patients to other co-workers.

With the development of the Clinic, personnel changes and additions were introduced. Accordingly, over time the following ward nurses were appointed: Mira Vuko-

stavljene su tijekom vremena: Mira Vukobratović, vms, Ljubica Janežić, vms, Anđelka Rukelj, vms, Jadranka Butorac, prvostupnica sestriinstva, Marija Dujmović, prvostupnica sestriinstva, Mirica Mavračić, prvostupnica sestriinstva, Zoran Bradaš, mag. sestriinstva, Marija Božičević, mag. sestriinstva i Ivanka Babić, prvostupnica sestriinstva (4).

## RAZVOJ SESTRINSTVA NA KLINICI ZA PSIHOLOŠKU MEDICINU KBC-a ZAGREB

Klinika za psihološku medicinu formalno se osamostalila pod imenom Centar za mentalno zdravlje 1971. godine, a od 1987. godine Centar stječe status klinike Medicinskog fakulteta Sveučilišta u Zagrebu i mijenja ime u Klinika za psihološku medicinu. Prva glavna sestra Centra za mentalno zdravlje bila je Katica Embreuš. Nakon njezine smrti mjesto glavne sestre klinike preuzima Senada Klarić. Na tom položaju ostaje do 1996., kada to mjesto preuzima Ljiljana Godan i ostaje glavna sestra klinike do 2008. godine. Od 2008. do 2016. mjesto glavne sestre obnaša Tereza Uremović. Godine 2017. glavna sestra Klinike postaje Zdenka Aurer koja na tom mjestu ostaje do rujna 2019. Iste se godine administrativno i funkcionalno spajaju Klinika za psihijatriju i Klinika za psihološku medicinu. Glavna sestra nove Klinike za psihijatriju i psihološku medicinu je Jadranka Butorac, a od rujna 2021. Zdenka Aurer.

U vrijeme postojanja Klinike za psihološku medicinu medicinske sestre aktivno promiču specifičan psihoterapijski pristup u intervencijama zdravstvene njege, a u tom se pravcu i educiraju. Tako je prva edukacija iz grupne analize za medicinske sestre na KBC-u Zagreb organizirana i održana na Klinici za psihološku medicinu (1997.-2002.). Pohađa je i završava ukupno 8 medicinskih sestara iz Klinike za psihološku medicinu i 5 medicinskih sestara iz Klinike za psihijatriju. Svih godina, a posebno ratnih i poratnih devedesetih pa do danas, medicinske sestre intenzivno sudjeluju u terapijskim procesima kao koterapeuti i terapeuti, a naročito se to odnosi na terapijski rad s hrvatskim braniteljima. Usput se nastavljaju kontinuirane edukacije te sudjelovanje na različitim stručnim skupovima i kongresima, a redovito na skupovima Psihijatrijskog društva HUMS-a. Na Klinici se niz godina, sve do danas, prakticira i uči autogeni trening kao specifična tehnika relaksacije. Od specifičnih edukacija, danas na klinici imamo certificiranu učiteljicu autogenog treninga po Schultz (Ljubica Dragija, diplomirana med. sestra), a uskoro i prvu medicinsku sestru – grupnog analitičara u Hrvatskoj (Zdenka Aurer, magistra

bratović, senior nurse, Ljubica Janežić, senior nurse, Anđelka Rukelj, senior nurse, Jadranka Butorac, Bachelor of Nursing, Marija Dujmović, Bachelor of Nursing, Mirica Mavračić, Bachelor of Nursing, Zoran Bradaš, Master of Nursing, Marija Božičević, Master of Nursing and Ivanka Babić, Bachelor of Nursing (4).

## DEVELOPMENT OF NURSING AT THE DEPARTMENT OF PSYCHOLOGICAL MEDICINE OF THE UNIVERSITY HOSPITAL CENTRE ZAGREB

The Department of Psychological Medicine formally became independent under the name Mental Health Centre in 1971. Since 1987, it acquired the status of a clinic of the School of Medicine at the University of Zagreb and changed its name to the Department of Psychological Medicine. The first head nurse of the Mental Health Centre was Katica Embreuš. After her passing, Senada Klarić took over the position of the head nurse of the Department. She remained in this position until 1996, when Ljiljana Godan took over the position and remained the head nurse of the Department until 2008. From 2008 to 2016, Tereza Uremović held the position of the head nurse. Zdenka Aurer became the head nurse of the Department in 2017 and held the position until September 2019. In the same year, the Department of Psychiatry and the Department of Psychological Medicine merged administratively and functionally. Jadranka Butorac became the head nurse of the new Department of Psychiatry and Psychological Medicine succeeded by Zdenka Aurer in September 2021.

At the time when the Department of Psychological Medicine was operating, nurses actively promoted a specific psychotherapeutic approach in health care interventions and underwent the relevant training. The first training in group analysis for nurses at the University Hospital Centre Zagreb was thus organized and held at the Department of Psychological Medicine (1997-2002). It was attended and completed by eight nurses employed at the Department of Psychological Medicine and five nurses employed at the Department of Psychiatry. During the whole period and particularly during the Croatian War of Independence and the post-war period in the 1990s until the present day, as co-therapists or therapists, nurses have been intensively involved in therapeutic processes with a special emphasis on therapeutic work with Croatian veterans. In parallel with that, they have been undergoing continuous training and participating in various professional conferences and congresses. They have also regularly attended meetings of the HUMS Psychiatric Association. For many years, autogenic training, as a specific relaxation technique, has been practiced and taught at the Department. Some nurses were trained in certain specific fields. Our department currently employs one certified Schultz Autogenic Training specialist (Ljubica

sestrinstva). Suradujemo sa Hrvatskom komorom dentalne medicine na njihovim stručnim skupovima, prezentirajući teme iz komunikacijskih vještina i mentalnog zdravlja.

## SESTRINSTVO NA KLINICI ZA PSIHIJATRIJU I PSIHOLOŠKU MEDICINU KBC-a ZAGREB DANAS

U današnjem vremenu kompetencije medicinskih sestara i tehničara u psihijatriji usmjerene su na pružanje sigurne, kvalitetne i kreativne sestrijske skrbi, na komunikaciju unutar multidisciplinarnog tima te provođenje intervencija utemeljenih na znanju, dokazima i usklađenih sa standardima sestrijske profesije.

Intervencije se provode prema načelima psihijatrijske zdravstvene njege; medicinske sestre i tehničari u svom pristupu i radu s bolesnicima koriste holizam, poštuju jedinstvenost ljudskog bića, privatnost i dostojanstvo, podržavaju terapijsku komunikaciju, bezuvjetno prihvaćanje i uključivanje bolesnika te im pomažu pri učinkovitoj prilagodbi.

Medicinske sestre i tehničari sudjeluju u svim oblicima liječenja, dijagnostičkim postupcima, rehabilitacijskim i socioterapijskim postupcima, provode edukaciju bolesnika i obitelji poštujući etičke i stručne standarde.

Na Klinici za psihijatriju i psihološku medicinu trenutno je zaposleno 70 medicinskih sestara i tehničara; 37 medicinskih sestara i tehničara srednje stručne sprema, 21 prvostupnik sestrinstva, 9 magistrica i magistara sestrinstva i 3 diplomirane medicinske sestre.

U skladu s naobrazbom i kompetencijama sudjeluju u provođenju ili samostalno provode specifične intervencije, neinvazivne i invazivne dijagnostičke i terapijske postupke kod hospitaliziranih, ambulantnih i dnevno-bolničkih bolesnika. Navest ćemo samo neke: aplikacija elektrokonvulzivne terapije, TMS, aplikacija farmakoterapije, snimanje EEG-a, provođenje asistiranog hranjenja i parenteralne nutritivne potpore u suradnji s Centrom za kliničku prehranu, suradnja s multidisciplinarnim timom (internisti-gastroenterolozi, intenzivisti, magistri farmacije, medicinska sestra specijalizirana za kliničku prehranu).

Medicinske sestre i tehničari sudjeluju u provođenju grupne analitičke psihoterapije kao koterapeuti, provode treninge socijalnih vještina u maloj i velikoj grupi te vode radionice komunikacijskih vještina. Također organiziraju biblioterapiju, art terapiju, narativnu terapiju, filmoterapiju, socioterapijske

Dragija, graduate nurse) and in the near future the first nurse group analyst in Croatia (Zdenka Aurer, Master of Nursing). We closely cooperate with the Croatian Chamber of Dental Medicine at their professional meetings where we present topics such as communication skills and mental health.

## CURRENT STATE OF NURSING AT THE DEPARTMENT OF PSYCHIATRY AND PSYCHOLOGICAL MEDICINE OF THE UNIVERSITY HOSPITAL CENTRE ZAGREB

In today's time, the competencies of nurses and medical technicians in psychiatry are focused on providing safe, quality and creative nursing care, communication within a multidisciplinary team and conducting knowledge and evidence-based interventions aligned with the standards of the nursing profession.

Interventions are carried out according to the principles of psychiatric health care. In their approach and work with patients, nurses and medical technicians apply holism while respecting the uniqueness of every human being as well as their privacy and dignity. They also support therapeutic communication, unconditional acceptance and patient inclusion while helping patients to effectively adapt.

Nurses and technicians participate in all forms of treatment, rehabilitation and diagnostic and socio-therapeutic procedures and they carry out various forms of training of patients and their families at the same time respecting ethical and professional standards.

The Department of Psychiatry and Psychological Medicine currently employs 70 nurses and technicians, 37 nurses and technicians with secondary education, 21 bachelors in nursing, 9 masters of nursing, and 3 graduate nurses.

In accordance with their education and competencies, they participate in the implementation or independently carry out specific interventions as well as non-invasive and invasive diagnostic and therapeutic procedures in hospitalized, outpatient and day-hospital patients. Some of those interventions include the application of electroconvulsive therapy, TMS, pharmacotherapy, EEG imaging, assisted feeding and parenteral nutritional support in cooperation with the Centre for Clinical Nutrition along with the cooperation with a multidisciplinary team (composed of internists, gastroenterologists, intensivists, pharmacists, and a nurse specializing in clinical nutrition).

Nurses and medical technicians participate in group analytical psychotherapy as co-therapists, conduct social skills training in smaller and larger groups and lead communication skills workshops. They also organize



izlaske s pacijentima dnevne bolnice, muzikoterapiju, logoterapiju, radionice o pravilnoj prehrani, dnevnom unosu hrane i tjelovježbi. Provođe relaksacijske tehnike, sudjeluju u supervizijskim grupama tima dnevne bolnice, procjenjuje disfunkciju te promatraju i evaluiraju napredak bolesnika. Sudjeluju u projektima i znanstveno istraživačkom radu Klinike, promoviraju mentalno zdravlje i destigmatizaciju psihički oboljelih osoba, pomažu u edukaciji obitelji bolesnika i drugih članova međuljudske podrške (zajednice) o problemima mentalnog zdravlja. Medicinske sestre i tehničari na Klinici nositelji su kolegija na preddiplomskim i diplomskim sveučilišnim i stručnim studijima sestinstva (Medicinski fakultet Sveučilišta u Zagrebu, Sveučilište Sjever, Zdravstveno veleučilište Zagreb, Veleučilište u Bjelovaru), mentori su iz područja vježbovne nastave te mentori studentima za izradu završnih i diplomskih radova.

Osim formalnog obrazovanja, medicinske sestre i tehničari educirani su ili polaze edukaciju iz različitih psihoterapijskih pravaca. Većina medicinskih sestara i tehničara završili su uvodni tečaj iz grupne analize. Edukaciju za grupnog terapeuta na Institutu za grupnu analizu završilo je ukupno 7 prvostupnica sestinstva/medicinskih sestara.

Magistra sestinstva Božica Petriček ima završenu edukaciju iz muzikoterapije.

Nekoliko prvostupnica i magistara završile su ili pohađaju edukaciju iz logoterapije, a nekoliko prvostupnica završava diplomski studij sestinstva.

Magistar sestinstva Zoran Bradaš prvi je doktorand na doktorskom studiju.

Sestrinski kadar aktivno je uključen i u pružanje psihološke podrške zaposlenicima KBC-a, organiziraju tečajeve i predavanja medicinskim sestrama i tehničarima u KBC-u.

U tijeku su predavanja i tri tečaja treće kategorije za medicinske sestre i tehničare u organizaciji Klinike:

- Komunikacijski i psihološki aspekti rada u zdravstvenom timu, Ljubica Dragija, diplomirana medicinska sestra
- Upravljanje stresom u sestinstvu, Zdenka Aurer, magistra sestinstva
- Komunikacijska kultura u izazovnim vremenima, Marija Božičević, magistra sestinstva
- Prevencija agresivnog ponašanja i načini zbrinjavanja, Zoran Bradaš, magistar sestinstva.

Glavna sestra Klinike za psihijatriju i psihološku medicinu, Zdenka Aurer, magistra sestinstva, već pet godina vodi grupu mladih srijedom kao i grupe pacijenata na odjelu.

bibliotherapy, art therapy, narrative therapy, film therapy, socio-therapeutic outings with day hospital patients, music therapy, logotherapy, and workshops on proper nutrition, daily food intake and exercising. In addition to that, they carry out relaxation techniques, participate in the supervision groups of the day hospital team, assess dysfunction, and observe and evaluate patient progress. They participate in projects and scientific research activities organised by the Department, promote mental health and destigmatization of mentally ill persons, assist in the education of patients' families and other members of interpersonal support (community) on mental health problems. Nurses and technicians at the Department hold lectures at undergraduate and graduate university and college nursing studies (The School of Medicine of the University of Zagreb, University North, University of Applied Health Sciences Zagreb, Technical College in Bjelovar) and act as mentors in training classes and the preparation of final and graduate thesis.

In addition to formal education, nurses and medical technicians have been trained or are undergoing training in various psychotherapeutic fields. Most nurses and medical technicians have completed an introductory course in group analysis. A total of 7 Bachelors of Nursing have completed the training in group therapy at the Institute of Group Analysis.

Božica Petriček, Master of Nursing, has completed training in music therapy.

Several bachelors or masters of nursing have already completed or are undergoing training in logotherapy while some bachelors are completing graduate studies in nursing.

Zoran Bradaš, Master of Nursing, is the first PhD student undergoing doctoral studies.

Nursing staff is also actively involved in providing psychological support to the employees of the University Hospital Centre Zagreb where they also organize courses and lectures for nurses and medical technicians.

Three courses of the third category for nurses and medical technicians organized by the Department are currently underway:

- Communication and psychological aspects of work in medical teams, held by Ljubica Dragija, graduate nurse;
- Stress Management in Nursing, held by Zdenka Aurer, Master of Nursing;
- Communication Culture in Challenging Times, held by Marija Božičević, Master of Nursing, and
- Prevention of Aggressive Behaviour and Methods of Care, held by Zoran Bradaš, Master of Nursing.

For five consecutive years, the head nurse of the Department of Psychiatry and Psychological Medicine, Zdenka Aurer, Master of Nursing, has been leading a

Magistar sestrištva Zoran Bradaš bio je član radne skupine za izradu smjernica za psihosocijalne postupke i psihoterapiju „Psihički poremećaji sa psihozom i shizofrenija“.

Smjernice su izrađene u organizaciji društava Hrvatskog liječničkog zbora (Hrvatskog društva za kliničku psihijatriju, Hrvatskog društva za psihoterapiju, psihosocijalne metode i ranu intervenciju kod psihotičnih poremećaja, Hrvatskog društva za afektivne poremećaje) i Hrvatskog psihijatrijskog društva, te uz podršku Udruge za promicanje mentalnog zdravlja Svitanje (6).

Prvostupnica Ivanka Babić 2014. imenovana je na razini KBC-a kontakt osobom zaduženom za koordinaciju za pružanje zdravstvene zaštite za hrvatske branitelje i članove njihovih obitelji.

U projektu *Recover-e (large-scale implementation of community based mental health care for people with severe and enduring mental ill health in Europe)* sudjelovali su: Zoran Bradaš, magistar sestrištva, Božica Petriček, magistra sestrištva, Filip Malekinušić, magistar sestrištva, Ana Koričančić Makar, prvostupnica sestrištva, Maja Ciber, prvostupnica sestrištva, Denis Gopo, prvostupnik sestrištva, Antonio Toni Zovko, prvostupnik sestrištva, Silvija Vinković, medicinska sestra i Marina Jurički, medicinska sestra.

Projekt je financiran od Europske unije u sklopu Programa za istraživanje i inovacije Horizon 2020, broj 779362. Cilj ovog projekta je uvođenje mobilnih timova stručnjaka za mentalno zdravlje u liječenju osoba s teškim duševnim poremećajima, te usporedba novog modela liječenja u lokalnom kontekstu u odnosu na dosadašnji način liječenja.

Magistra sestrištva Marija Božičević sudjelovala je u projektu „Warmi“ te je izabrana za suradnicu na projektu u Republici Hrvatskoj. Taj projekt regionalnog središta za Latinsku Ameriku i Karibe globalne Inovacijske mreže mentalnog zdravlja (MHIN LAC) ima za cilj promicanje i provedbu programa za promociju i zaštitu mentalnog zdravlja, provedbu istraživanja na području mentalnog zdravlja te umrežavanje i razmjenu iskustava raznih stručnjaka iz oblasti mentalnog zdravlja.

Tijekom godina, na Klinici za psihijatriju i psihološku medicinu radio je veliki broj medicinskih sestara i tehničara. Iako poimence nisu svi spomenuti, svatko od njih je svojim predanim radom, trudom i zalaganjem gradio povijest sadašnjost i budućnost naše Klinike te su uvelike doprinijeli razvoju struke i skrbi za psihijatrijske bolesnike.

Svima njima dugujemo posebnu zahvalnost.

group of young people every Wednesday together with patient groups on the ward.

Master of Nursing Zoran Bradaš was a member of the working group for the development of guidelines for psychosocial procedures and psychotherapy, titled “Psychological disorders with psychosis and schizophrenia”.

The guidelines have been developed by the Croatian Medical Association (Croatian Association of Clinical Psychiatry, Croatian Association of Psychotherapy, Psychosocial Methods and Early Intervention in Psychotic Disorders, Croatian Association of Affective Disorders) and the Croatian Psychiatric Association with the support of the Association for the Promotion of Mental Health - Svitanje (6).

In 2014, Bachelor Ivanka Babić was appointed contact person in charge of coordinating the provision of health care for Croatian veterans and their family members at the level of the University Hospital Centre Zagreb.

The following members of the staff have participated in the project *Recover-e (large-scale implementation of community based mental health care for people with severe and enduring mental ill health in Europe)*: masters of nursing Zoran Bradaš, Božica Petriček, and Filip Malekinušić, bachelors of nursing Ana Koričančić Makar, Maja Ciber, Denis Gopo, and Antonio Toni Zovko, and nurses Silvija Vinković and Marina Jurički.

The project is funded by the European Union under the Horizon 2020 Research and Innovation Programme, no. 779362. The aim of the project is to introduce mobile teams of mental health professionals in the treatment of individuals with severe mental disorders and to compare the new model of treatment in the local context with the one previously applied.

Master of Nursing Marija Božičević has participated in the project “Warmi” and was chosen a project associate in Croatia. This project of the regional hub for Latin America and the Caribbean of the global Mental Health Innovation Network (MHIN LAC) aims to promote and implement programmes for the promotion and protection of mental health, implementation of mental health research and networking and exchange of experiences of various professionals in the field of mental health.

Over the years, many nurses and medical technicians worked at the Department of Psychiatry and Psychological Medicine. Although not all mentioned by name, with their dedicated work, efforts and commitment each one of them helped built the past, present and future of our Department and have largely contributed to the development of the profession and overall care for psychiatric patients.

We owe a debt of gratitude to all of them.

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