

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**CELOSTNA OBRAVNAVA MLADOSTNIKOV S SPEKTROAVTISTIČNO
MOTNJO Z VIDIKA IZVAJALCEV ZDRAVSTVENE NEGE**

**HOLISTIC TREATMENT OF ADOLESCENT WITH SPECTRE OF
AUTISTIC DISORDERS FROM THE ASPECT OF NURSING CARE
PROVIDERS**

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POVZETEK

Uvod: Medicinska sestra je del multidisciplinarnega tima pri obravnavi otrok s spektroavtistično motnjo, zato potrebuje veliko znanja z različnih področij, ki omogočajo celostno obravnavo mladostnika s SAM. Z raziskavo smo želeli ugotoviti, kakšen pomen izvajalci zdravstvene nege pripisujejo celostni obravnavi mladostnika s SAM.

Metoda dela: Uporabili smo kvantitativno raziskovalno metodo, metodo deskripcije. Za zbiranje podatkov smo kot merski instrument uporabili strukturiran anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature. Uporabili smo nenaključni, priložnostni vzorec, v katerega smo vključili 22 izvajalcev zdravstvene nege, ki so zaposleni v Zavodu za usposabljanje, delo in varstvo dr. Marijana Borštnarja Dornava. Podatke smo analizirali s pomočjo programa Excel.

Rezultati: Vsi anketirani izvajalci zdravstvene nege opredeljujejo avtizem kot razvojno motnjo. 19 (86 %) jih navaja, da se avtizem pokaže v obdobju malega otroka in 18 (82 %) jih meni, da avtizem ni ozdravljiv. Avtizem opredeljujejo kot motnje komunikacije (29 % – 17 anketirancev), vedenjske motnje (31 % – 18 anketirancev) in socialno-čustvene motnje (34% – 20 anketirancev). 59 % (13 anketirancev) se jih v zadnjih dveh letih ni udeležilo nobenega formalnega izobraževanja na temo spektroavtistične motnje, 18 % (4) se jih je udeležilo enega izobraževanja in 14 % (3) dveh. 55 % (12) anketirancev se čuti opolnomočene za delo z mladostniki s SAM, 32 % (7) pa ne. Ocenjujejo, da potrebujejo več znanja o komuniciranju z mladostniki s spektroavtistično motnjo (52 % – 7 anketirancev) in boljše poznavanje razvojnih stopenj pri mladostniku s SAM (24 % – 8 anketirancev). Največ pomoči mladostniki s SAM potrebujejo pri izogibanju nevarnostim v okolju, komunikaciji, izražanju čustev in potreb, koristnem delu in učenju ter pridobivanju znanja. Anketiranci ocenjujejo, da se starši delno vključujejo v obravnavo otroka (64 % – 14 anketirancev). Nihče ni zelo zadovoljen z vključevanjem staršev v obravnavo, 55 % (12) anketirancev ni niti zadovoljnih niti nezadovoljnih. 65 % (13) anketirancev izpostavlja, da imajo starši na voljo dodatna izobraževanja o SAM.

Razprava in sklep: Izvajalci zdravstvene nege imajo dobro znanje o spektroavtistični motnji na splošno. Kljub dobremu znanju pa se ne počutijo opolnomočene za delo z mladostniki s SAM. Predvsem kot problematično izpostavljajo področje komunikacije, kjer si tudi želijo več dodatnih izobraževanj in znanja. Mladostniki s SAM so popolnoma odvisni od izvajalcev zdravstvene nege pri komunikaciji, izražanju čustev in potreb, koristnem delu, rekreaciji, učenju in pridobivanju znanja. S sodelovanjem staršev pri obravnavi mladostnikov s SAM so srednje zadovoljni, imajo pa starši na voljo različna izobraževanja s področja SAM.

Ključne besede: mladostniki, spektroavtistična motnja, medicinske sestre, zdravstvena nega, celostna obravnavo.

SUMMARY

Introduction: A nurse is a part of a multidisciplinary team in the treatment of children with a spectroautistic disorder, and therefore needs a lot of knowledge in different areas that allow for a holistic treatment of the adolescent with SAM. We wanted to find out the significance knowledge of health care providers in the overall treatment of adolescent with SAM.

Method of work: We used a quantitative research method, the method of description. In order to collect data, a structured questionnaire was used as a measurement instrument, which was developed on the basis of literature review. We used a random, casual sample in which we included 22 nurses who are employed at the Institute for Training, Work and Protection dr. Marijana Borštnarja Dornava. Data was analyzed using Excel.

Results: All surveyed nursing providers define autism as a developmental disorder. 19 (86%) state that autism is visible during the period of a young child, and 18 (82%) believe that autism is not curable. Autism is defined as communication disorder (29% – 17 respondents), behavioural disorders (31% – 18 respondents) and social-emotional disorders (34% – 20 respondents). In the last two years, 59% (13 respondents) did not attend any formal education on the subject of spectroautistic disorder, 18% (4) attended one education and 14% (3) of two. 55% (12) of respondents feel they are able to work with adolescents with SAD, and 32% (7) do not. They estimate that they need more knowledge on communication with adolescents with a spectroautistic disorder (52% – 7 respondents) and a better knowledge of developmental stages in adolescents with SAD (24% – 8 respondents). Most of the help youths with SAD need is regarding avoid dangers in the environment, communication, expressing emotions and needs, benefiting from work and learning and acquiring knowledge. Respondents estimate that parents are partially involved in the treatment of the child (64% – 14 respondents). No one is very pleased with the involvement of parents in the discussion, 55% (12) of the respondents are neither satisfied nor dissatisfied. 65% (13) of respondents point out that parents have additional education on SAD.

Discussion and conclusion: Nursing care providers have a good knowledge of the spectroautistic disorder in general. Despite their good knowledge, they do not feel empowered to work with adolescents with SAD. Above all, as problem they point out is the field of communication, where they also want more additional education and knowledge. Young people with SAD are completely dependent on providers of nursing care in the areas of communication, expressing emotions and needs, benefiting from work, recreation, learning and acquiring knowledge. With the involvement of parents in dealing with adolescents with SAD, they are moderately satisfied, but parents have different education in the field of SAD.

Key words: adolescents, spectroautistic disorder, nurses, nursing care, integrated treatment