

Spremljanje poteka rizične nosečnosti pri pacientki z gestacijskim diabetesom (študija primera)

Monitoring the progress of high – risk pregnancy in a patient with gestational diabetes (Case study)

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Izvleček

Uvod: Nosečnost je normalen fiziološki proces, a je vseeno povezana z določenim tveganjem za pojav zapletov. Če se ti pojavijo, govorimo o rizični ali tvegani nosečnosti. Eden izmed zapletov v nosečnosti je gestacijski diabetes. Predstavlja velik zdravstveni problem in zahteva velike spremembe v življenju nosečnice. Pri tem je najpomembnejša urejenost glikemije, za kar je potrebno veliko znanja o bolezni in zdravljenju. Namen raziskave je predstaviti kako poteka spremljanje rizične nosečnosti pri nosečnici z gestacijskim diabetesom.

Metoda: Raziskava je temeljila na kvalitativnem raziskovalnem pristopu z metodo deskripcije. Pridobivanje podatkov je potekalo s tehniko triangulacije zbiranja podatkov. Za instrument smo uporabili polstrukturiran intervju v obliki vprašalnika, pacientko smo opazovali ter analizirali njeno zdravstveno dokumentacijo. Uporabili smo neslučajnostni, namenski vzorec, v katerega smo vključili pacientko, hospitalizirano na ginekološko-porodniškem oddelku Splošne bolnišnice Celje. Podatki so bili zbrani in obdelani s programom Microsoft Word.

Rezultati: Pacientka je bila pred hospitalizacijo in v začetku hospitalizacije premalo seznanjena z gestacijskim diabetesom. Prisotnih je bilo več dejavnikov tveganja za pojav le-tega (sladkorna bolezen v družini, debelost, kajenje). Pred hospitalizacijo ni upoštevala predpisane diete in priporočene telesne aktivnosti. Po mesecu hospitalizacije se je stanje izboljšalo, vendar ne na vseh področjih. S samokontrolo krvnega sladkorja in uporabo inzulina

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je bila dobro seznanjena, vendar navodil diabetologa ni upoštevala. Tudi kaditi ni prenehala. Pri njej ugotavljamo osem negovalnih diagnoz, šest jih je neposredno vezanih na gestacijski diabetes.

Razprava in sklep: *Hospitalizacija je dobro vplivala na pacientko. Med hospitalizacijo je prejela veliko znanja o bolezni gestacijski diabetes. Aktivnosti zdravstvene nege so temeljile predvsem na zdravstveno vzgojnem delu medicinskih sester, kar se je izkazalo kot pomemben dejavnik pri izboljševanju in ohranjanju zdravja pacientke. Sklepamo, da je to ključ do uspešne celostne obravnave pacientk z gestacijskim diabetesom.*

Ključne besede: *nosečnost, rizična nosečnost, zapleti v nosečnosti, gestacijski diabetes, zdravstveno-vzgojno delo.*

Abstract

Introduction: *Although pregnancy is a normal physiological process, it is associated with a certain risk of complications. If complications arise, such pregnancy is defined as a high-risk pregnancy. One of the complications during the pregnancy can be gestational diabetes. It represents a big health problem and requires many changes in a pregnant woman's lifestyle. The most important thing about gestational diabetes is the regulation of blood sugar, which requires a lot of knowledge about the disease itself and its treatment. The purpose of the research is to present the progress of a high-risk pregnancy with gestational diabetes.*

Method: *The research was based on a qualitative research approach with the method of description. Data acquisition was carried out using triangulation of data collection techniques. For the instrument we used a semi-structured interview in the form of a questionnaire. We also observed the patient and examined her medical records. We used a random dedicated sample, which included a patient, hospitalized at gynaecology-maternity ward of the General Hospital Celje. Data was collected and processed with the Microsoft Word program.*

Results: *Before the hospitalization and at the beginning of it, our patient did not have sufficient knowledge about the diagnosis of the gestational diabetes. She was exposed to several risk factors for its occurrence (diabetes mellitus in family, overweight, smoking). Before the hospitalization she did not follow the prescribed diet and did not engage in the recommended physical activity. After one month of hospitalization the condition is much better, but not in all areas. The patient has sufficient knowledge about the self-monitoring of blood sugar and the application of insulin. But she still does not follow the instructions of the diabetologist. She also did not quit smoking. We established 8 nursing diagnoses, 6 of them are directly related to the gestational diabetes.*

Discussion and conclusion: *The hospitalization had a good effect on the patient, in regard to gestational diabetes. During one month of hospitalization she received a lot of information about her diagnosis. The nursing activities were based primarily on the health education work of the nurses, which proved to be a very important factor in improving and maintaining the patient's health. We conclude that this is the key to a successful integrated treatment of patients with gestational diabetes.*

Key words: *pregnancy, high-risk pregnancy, complications in pregnancy, gestational diabetes, health education work.*