

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**SEZNANJENOST IZVAJALCEV ZDRAVSTVENE NEGE Z OSKRBO
DIHALNE POTI PRI ŽIVLJENJSKO OGROŽENEM PACIENTU**

**KNOWLEDGE LEVEL OF NURSING CARE PROVIDERS REGARDING
AIRWAY MANAGEMENT IN CRITICALLY INJURED PATIENTS**

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**Študijski program: VISOKOŠOLSKI STROKOVNI ŠTUDIJSKI
PROGRAM ZDRAVSTVENA NEGA**

CELJE, 2017

POVZETEK

Uvod: Oskrba dihalne poti je najpomembnejša aktivnost pri pacientu z ogroženo dihalno potjo. Člani tima zdravstvene nege se z oskrbo dihalne poti srečujejo v predbolnišničnem okolju urgentne medicine ali pa v bolnišničnem okolju. Pri tem so jim na voljo različni pripomočki in postopki za vzpostavitev proste dihalne poti. S pomočjo raziskave smo poskušali ugotoviti, kako pogosto se člani tima zdravstvene nege srečujejo z oskrbo dihalne poti, kateri pripomočki in postopki so pri tem najpogosteje uporabljeni in najbolj optimalni ter v kolikšni meri so seznanjeni z njimi.

Metoda: Uporabili smo kvantitativni raziskovalni pristop z deskriptivno metodo. Raziskavo smo izvedli v petih zdravstvenih domovih, uporabili smo neslučajnosti namenski vzorec, razdeljenih je bilo 60 anketnih vprašalnikov, vrnjenih jih je bilo 90 %. Podatke iz anketnih vprašalnikov smo obdelali v programu Microsoft Excel 2016.

Rezultati: 33 % anketiranih se pogosto srečuje z oskrbo dihalne poti. 94 % anketiranih pri tem takoj prepozna znake zapore dihalne poti, 37 % anketiranih najpogosteje za sprostitev dihalnih poti uporablja pripomoček i-gel®, po mnenju anketiranih pa je najhitrejša tehnika za sprostitev dihalnih poti zvrčanje glave in dvig čeljusti, kar meni 56 % anketiranih. Med najbolj učinkovito tehniko za sprostitev dihalne poti 72 % anketiranih umešča endotrahealno intubacijo. 24 % anketiranih meni, da so dobro seznanjeni z vsebinskimi novostmi glede vzdrževanja proste dihalne poti, 48 % jih je že prekoračilo svoje kompetence in delovalo v skladu s svojim znanjem, 81 % anketiranih niso nadrejeni do sedaj še nikoli opozorili zaradi preseganja poklicnih aktivnosti.

Razprava in sklep: Ugotavljamo, da se anketirani člani tima zdravstvene nege redko srečujejo z urgentnimi primeri, kjer je potrebna oskrba dihalne poti, vendar so dovolj poučeni in prepoznajo znake zapore le-te. Večina jih dobro pozna postopke in pripomočke za zagotavljanje proste dihalne poti, kar omogoča učinkovito nudenje pomoči življenjsko ogroženim pacientom z dihalno stisko.

Seznanjenost članov tima zdravstvene nege z novostmi na področju oskrbe dihalnih poti je pomanjkljiva, kljub temu pa nekateri večkrat prekoračijo svoje kompetence in delujejo v skladu s svojim znanjem, s strani nadrejenih pa so glede tega redkokdaj opozorjeni.

Ključne besede: dihalna pot, dihalna stiska, endotrahealna intubacija, aktivnosti, kompetence.

SUMMARY

Introduction: Airway management is the most important procedure used on patients experiencing airway obstruction. Members of a healthcare team implement airway management in emergency medicine pre-hospital environments or in hospital environments. They have various tools and procedures available to relieve airway obstruction. The present research was aimed at founding out how often members of a healthcare team implement airway management, which tolls and procedures they most often use, which tools and procedures provide optimum results, and to what extent are the members of a healthcare team familiar with them.

Methodology: A quantitative approach based on a descriptive research method was used. The research was implemented in five healthcare centres. A non-random sampling method was implemented. 60 questionnaires were distributed and the response rate was 90%. Data analysis was carried out with a Microsoft Excel 2016 programme.

Outcomes: 33% of the people asked often implement airway management. 37% of them most often use the i-gel® tool. 56% of them believe that the fastest technique to relieve airway obstruction is the head-tilt/chin-lift manoeuvre. 72% of the people asked find endotracheal intubation as the most effective technique for relieving airway obstruction. 24% of them believe that they are well familiar with trends regarding free airway maintenance, 48% of them have implemented procedures that were above their scope of competences and relied on their own knowledge, 81% of them have never received any warnings from their superiors regarding the procedures that were not among their assigned professional activities.

Discussion and conclusion: The research revealed that members of a healthcare team rarely work on emergency cases that require the implementation of airway management. However; they are sufficiently trained and they are able to recognise symptoms of airway obstruction. The majority of the people asked is well familiar with the procedures and tools for ensuring a free airway. In this way, they are able to take care of a patient experiencing a life threatening respiratory distress.

Members of a healthcare team are not well informed about new trends in the field of airway management. Nevertheless, some of them often implement procedures by relying on their own knowledge and go beyond their scope of competences. However; their superiors rarely issue any warnings regarding such procedures.

Key words: airway, respiratory distress, endotracheal intubation, procedures, competences.