

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**NAJPOGOSTEJŠI PROBLEMI STAREJŠIH S ČREVESNO STOMO V  
DOMAČEM OKOLJU**

**COMMON PROBLEMS OF ELDER OSTOMY PATIENTS IN THE  
DOMESTIC ENVIRONMENT**

**Študentka: AMELA OMEROVIĆ**

**Mentorica: viš. pred. DUŠKA DREV, viš. med. ses., univ. dipl. org.**

**Somentorica: pred. SUZANA DRAME, viš. med. ses., univ. dipl. org.**

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

**CELJE, 2018**

## POVZETEK

**Uvod:** Starejše prebivalstvo zboleva za različnimi oblikami bolezni, med katerimi je pogost rak debela črevesja in danke. Pri zdravljenju je starejšim pacientom vzpostavljena črevesna stoma, ki predstavlja za marsikaterega čustven, psihičen in fizičen zid preizkušenj. Z raziskavo smo želeli ugotoviti, s katerimi problemi se najpogosteje soočajo starejši pacienti s črevesno stomo v domačem okolju.

**Metoda:** Za izdelavo diplomskega dela smo uporabili kvalitativni raziskovalni pristop – metodo utemeljene teorije. Instrument raziskave je bil polstrukturirani intervju s 15 vprašanji. Vprašanja smo oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, namenski vzorec. V raziskavo smo vključili tri intervjuvance, ki so člani društva ILCO (Društvo pacientov z ileo-, kolo- in urostomo). Sodelujoči v raziskavi so bili starejši ljudje, ki so imeli z operativnim posegom narejeno črevesno stomo. Pred vsakim intervjujem smo pridobili individualen pristanek posameznega intervjuvanca.

**Rezultati:** Življenje starejših pacientov s črevesno stomo se je po operaciji spremenilo. Sprejetje črevesne stome je zanje predstavljalo velik šok zaradi novega načina odvajanja in drugačne telesne podobe. Intervjuvanci so veliko bolj oprezni ob pojavu simptomov, ki bi lahko bili pokazatelji novega bolezenskega stanja. Na začetku so imeli predvsem težave z ustreznostjo materiala za oskrbo stome. Zaradi navedenega so pogosto imeli razdraženo ali suho kožo v okolici stome. Starejši s črevesno stomo so po operaciji dobili skope informacije o ustrezni prehrani, zato so se morali sami znajti in bodisi hrano preizkušati bodisi poiskati literaturo z zdravstvenimi nasveti. Starejši pacienti s stomo so po operaciji enako ali pa še bolj aktivni kot pred operacijo. Promovirajo zdravo in aktivno življenje ter sodelujejo v številnih aktivnostih. Za starejše s črevesno stomo je v času okrevanja in kasneje pomembno, da so obkroženi z ljudmi, ki razmišljajo in vplivajo pozitivno. Menijo, da je njihovo življenje normalno in kakovostno.

**Razprava in sklep:** Ugotovimo lahko, da morajo starejši pacienti začeti novo pridobljeno črevesno stomo spoznavati že pred pridobitvijo in s tem nadaljevati po pridobitvi. V bolnišničnem okolju je pomembno pridobivanje znanja in informiranje starejšega pacienta glede higiene, življenjskih aktivnosti, prehrane, samostojne oskrbe itd. Medicinska sestra – enterostomalna terapevtka je v tem procesu ključen člen – predstavlja vez med starejšim pacientom ter potencialom za napredek in razvoj v življenju s črevesno stomo, saj je ta najverjetneje trajna.

**Ključne besede:** zdravstvena nega, zdravstvena vzgoja, enterostomalni terapevt, kakovost življenja, sprejetost

## SUMMARY

**Introduction:** The elderly population is suffering from various forms of illnesses, among which colon and rectal cancer is common. During treatment, elderly patients are receiving an intestinal stoma, which represents an emotional, psychical and physical wall for many of them. Through the research, we wanted to find out, which are the most common problems, faced by elderly patients with an intestinal stoma in the domestic environment.

**Method:** For the preparation of the thesis, we used a qualitative research approach – the grounded theory method. The research instrument was a semi-structured interview with 15 questions. The questions were prepared based on the review of literature. We used a non-random, intentional sample. The research included three respondents, members of the association ILCO (Association of patients with ileo-, colo- and urostoma). The respondents from the research were elderly people with an intestinal stoma, established through surgery. Before each interview, we have obtained agreements of all the respondents.

**Results:** The life of elderly patients with an intestinal stoma has changed after surgery. The acceptance of the intestinal stoma has presented a great shock for them due to a new way of defecation and an altered body image. The respondents are a lot more careful at the occurrence of symptoms, which could indicate a new medical condition. At the beginning, they mostly experienced problems with the suitability of the material to take care of the stoma. Due to this, they often had irritated or dry skin around the stoma. After surgery, elderly people with an intestinal stoma have received limited information about a proper diet, therefore, they had to find their way and try out the food or find literature with health advice. After surgery, elderly patients with a stoma are equally or even more active than prior the surgery. They promote a healthy and active life and participate in numerous activities. For elderly patients with an intestinal stoma it is important that they are during rehabilitation and afterwards surrounded with people, who think positive and have a positive impact. They think that their life is normal and full of quality.

**Discussion and conclusion:** We can figure out that elderly patients need to get to know the intestinal stoma even before they receive it and continue to get to know it afterwards. In the hospital environment, it is important that the patient is being informed about hygiene, daily activities, diet, self-care etc. The nurse – enterostomal therapist is crucial in this process – she is the connection between the elderly patient and the potential for improvement and development of a life with a stoma, since it is probably permanent.

**Key words:** nursing care, health education, enterostomal therapist, quality of life, acceptance