

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**VLOGA MEDICINSKE SESTRE PRI OKREVANJU PACIENTKE PO
OPEKLINSKI POŠKODBI**

**NURSE'S ROLE IN RECOVERY OF A PATIENT AFTER BURN
INJURY**

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POVZETEK

Uvod: Kritične opeklinke poškodbe povzročajo dolgotrajne fizične in psihične disfunkcije pacienta, njegova rehabilitacija pa predstavlja eno najbolj celovitih in dolgotrajnih prizadevanj v rehabilitacijski medicini. Pacient ne potrebuje le fizične zdravstvene nege, ampak tudi psihološko podporo in pomoč, zato je zdravstvena nega takega pacienta izziv za medicinsko sestro. Pacientu nudi celostno pomoč pri premostitvi izkušnje ter sprejemanju njenih trajnih in travmatičnih posledic.

Metoda: Uporabili smo kvalitativno metodo raziskovanja, in sicer metodo utemeljene teorije. Instrument je bil intervju. Intervju je zajemal 6 vprašanj, ki smo jih oblikovali na osnovi pregleda literature. V intervjuju je sodelovala pacientka s kritičnimi opeklinskimi poškodbami. Intervjuvanka je podala informirano soglasje k sodelovanju v raziskavi.

Rezultati: Rezultati raziskave kažejo, da raziskovani primer predstavlja dobro prakso zdravstvene nege pacienta s kritičnimi opeklinskimi poškodbami. Povezave med kategorijami kažejo, da je nesreča s kritičnimi opeklinskimi poškodbami pacientki povzročila veliko težav in hude stiske pri premagovanju ovir v procesu zdravljenja in rehabilitacije, pri čemer so ključno vlogo prevzemale medicinske sestre s celostno fizično in psihosocialno oskrbo. Pacientka je pri tem doživela pozitivno izkušnjo podpore s strani medicinskih sester. Njihovo pomoč ocenjuje kot visoko učinkovito. Medicinske sestre so pacientki nudile glavno psihosocialno oporo v procesu rehabilitacije ter psihosocialno zdravstveno nego empatično prilagajale glede na pacientkine potrebe. Te so bile v večini pogojene s sprejemanjem velikih izgub in s pacientkino socialno izolacijo različnih stopenj glede na stopnjo rehabilitacije.

Razprava in sklep: Psihosocialna pomoč in podpora sta ključni komponenti zdravstvene nege pacienta s kritičnimi opeklinskimi poškodbami. V praksi zdravstvene nege se tega vse bolj zavedamo, zato so potrebna nadaljnja raziskovalna prizadevanja ter iskanje sistemskih rešitev. Te bodo medicinskim sestram olajšale psihosocialno pomoč in podporo pacientom s kritičnimi opeklinskimi poškodbami v sklopu zdravstvene nege, ki zahteva celovit negovalni pristop.

Ključne besede: kritične opeklinke poškodbe, zdravstvena nega, psihosocialna zdravstvena nega, odnos v zdravstveni negi

SUMMARY

Introduction: Critical burn injuries lead to lasting physical and psychic disfunction of the patient, and his rehabilitation represents one of the most complex and lasting endeavours in the rehabilitation medicine. Patient does not need only physical nursing, but psychic support and aid as well, and for this reason the nursing of such a patient is an exceptional challenge for the nurse. She offers to the patient complete aid at the remaking of his (her) experience and at the adopting of its permanent and traumatic consequences.

Method: The qualitative research method was used, namely the method of the grounded theory. The instrument was interview. The interview included 5 questions, formed on the base of the literature review. One female patient with the critical burn injuries took part in the interview. The interviewed patient agreed on her collaboration in the research.

Results: The results of the research indicate that the researched case represents a good practice of the nursing of a patient with critical burn injuries. Connections among the categories show that the accident with the critical burn injuries caused to the patient substantial difficulties and a great distress by removing obstacles during the medical treatment and rehabilitation, where the key role was assumed by nurses executing the complete physical and psychosocial nursing. The patient positively experienced support executed by nurses and their aid was estimated as highly effective. Nurses offered to the patient main psychosocial support in the process of the rehabilitation and the psychosocial nursing was adapted according to the patient's needs with a great deal of empathy. The needs were mostly dependent on accepting of great losses and on different phases of the patient's social isolation according to the stage of the rehabilitation.

Discussion and conclusion: Psychosocial support and aid are key components of the nursing of a patient with the critical burn injuries. We are more and more aware of this fact in the nursing praxis and further researching endeavours are needed, including the addition of the solutions on systematic level. Such solutions should facilitate nurses for their psychosocial aid and support to patients with critical burn injuries in the scope of nursing requiring the special nursing accession.

Key words: critical burn injuries, nursing, psychosocial nursing, relation in nursing