

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**ZDRAVSTVENA PISMENOST PACIENTOV S KRONIČNO LEDVIČNO
BOLEZNIJO**

**HEALTH LITERACY OF PATIENTS WITH CRONICAL RENAL
DISEASE**

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POVZETEK

Uvod: Sposobnost posameznika poiskati zdravstvene informacije, jih razumeti, ovrednotiti in uporabiti v namen preventivnih ukrepov ali dejavnikov tveganja, v primeru bolezni pa jih uspešno uporabiti za zdravljenje, imenujemo zdravstvena pismenost. Zaradi zapletenosti kronične ledvične bolezni in sprememb, ki jih le-ta povzroča v življenju pacienta, je pomembna stopnja zdravstvene pismenosti pacientov. Z raziskavo smo želeli ugotoviti stopnjo splošne in specifične zdravstvene pismenosti pacientov s kronično ledvično boleznijo ter pomen predializne edukacije za izboljšanje zdravstvene pismenosti.

Metoda: Raziskava je temeljila na kvantitativnem raziskovalnem pristopu, uporabljena je bila metoda deskripcije, sinteze in kompilacije. Za merski instrument je bil uporabljen anketni vprašalnik. Uporabili smo neslučajnostni, namenski vzorec šestdesetih pacientov s kronično ledvično boleznijo, ki se zdravijo s hemodializo. Pravilno izpolnjenih je bilo 55 vprašalnikov, kar predstavlja 92 % realizacijo vzorca.

Rezultati: Pred pričetkom zdravljenja je imelo 85,5 % anketiranih pacientov predstavljene vse nadomestne metode zdravljenja kronične ledvične bolezni, v 47,4 % so bile predstavljene manj kot en mesec pred uvedbo. 5,3 % pacientom so bile metode nadomestnega zdravljenja predstavljene s strani medicinske sestre. V času pred zdravljenjem 50,9 % anketiranih ni imelo izobraževanja glede prehrane. Splošna zdravstvena pismenost anketiranih pacientov je dobra (PV = 2,06). S faktorsko analizo smo dobili tri faktorje. Povprečna ocena odgovorov, združenih v faktor »*funkcionalna zdravstvena pismenost*«, je 2,31, faktorja »*sodelovanje z zdravstvenim osebjem*« je 1,87 in povprečje faktorja »*samokritičnost*« je 1,83. Stopnja specifične zdravstvene pismenosti anketiranih zadovoljiva. Kljub temu 83,6 % anketiranih pacientov potrebuje redno navodila o dieti in vnosu tekočin ter 27 % jih meni, da nadzor nad kalijem ni povezan s prehrano.

Razprava in sklep: Raziskava je pokazala slabo informiranost pacientov pred pričetkom zdravljenja, dobro splošno zdravstveno pismenost in zadovoljivo stopnjo specifične zdravstvene pismenosti pacientov s kronično ledvično boleznijo. Nujna je uvedba predializne edukacije. Za nadaljnje raziskovanje predlagamo izvedbo primerjalne študije splošne zdravstvene pismenosti med posameznimi kroničnimi obolenji prebivalstva.

Ključne besede: zdravstvena pismenost, promocija zdravja, dializno zdravljenje, zdravstvena vzgoja, medicinska sestra.

SUMMARY

Introduction: An individual's ability to find healthcare information, to understand, evaluate and use this information in order to take preventive measures, to avoid risk factors or successfully treat their illness is called health literacy. The level of health literacy of patients with chronic renal disease plays an important role because of the complexity of the disease and the changes it brings into the patient's life. The research was aimed at defining the level of general and specific health literacy of patients with chronic renal disease and the importance of pre-dialysis education for improving health literacy.

Methodology: The research included a quantitative approach based on a descriptive, synthesis and compilation research methods. The questionnaire was used as a measuring instrument. A non-random sampling method was conducted on 60 patients with chronic renal disease undergoing haemodialysis. The number of correctly filled-in questionnaires was 55, which represents a 92 % response rate.

Outcomes: All alternative methods of treatment of chronic renal disease were presented to 85.5 % of the surveyed patients and to 47.4 % of them the methods were presented less than one month before the introduction of the treatment. 5.3 % of patients received the information on alternative methods of treatment from nurses. Before the beginning of the treatment, 50.9 % of patients did not receive any education regarding the nutrition. The general health literacy of the patients surveyed was assessed as good (AV = 2.06). A factor analysis Returned three factors . The average mark of the answers joined under the factor "*Functional health literacy*" was 2.31, of the factor "*Cooperation with medical personnel*" was 1.87 and the average mark of the factor "*Self-criticism*" was 1.83. The level of specific health literacy of the surveyed patients is satisfactory. However, 83.6 % of the surveyed patients require regular instructions regarding their diet and introduction of liquids. 27 % of them believe the control over potassium levels is not related with nutrition.

Discussion and conclusion: The research revealed poor provision of information to the patients before the beginning of their treatment, good health literacy and a satisfactory level of specific health literacy of patients with chronic renal disease. It is urgent to introduce pre-dialysis education. It would be recommended to carry out a comparative study of general health literacy in the area of different chronic diseases.

Key words: health literacy, health promotion, dialysis, healthcare education, nurse.