

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**CELOSTNA OBRAVNAVA PACIENTOV Z DEPRESIJO**

**OVERALL TREATMENT OF PATIENTS WITH DEPRESSION**

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## POVZETEK

**Uvod:** Depresija je duševna motnja s številnimi simptomi, ki globoko posega v pacientovo funkcioniranje. Zajame celega človeka. Vpliva na razpoloženje, počutje, mišljenje in vedenje. Vpliva na to, kaj si človek misli o sebi in svojem življenju, kako čuti in doživlja svet okoli sebe, vpliva pa tudi na izvajanje nekaterih življenjskih aktivnosti. Namen raziskave je ugotoviti zadovoljstvo pacientov s celostno obravnavo v času zdravljenja depresije.

**Metoda:** Za izdelavo diplomskega dela smo uporabili kvalitativno metodo raziskovanja, metodo utemeljene teorije. Instrument raziskave je bil polstrukturirani intervju z 10 vprašanji. Vprašanja smo oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, namenski vzorec. Intervjuje smo opravili s tremi pacientkami, ki so se v preteklosti zdravile zaradi depresije. Pred vsakim intervjujem smo pridobili individualen pristanek posameznega intervjuvanca.

**Rezultati:** Pacientke so se ob pojavu bolezni obrnile za pomoč najprej k svojim ožjim družinskim članom, kasneje pa na družinskega zdravnika, ki jih je napotil na nadaljnjo obravnavo. Zdravile so se v psihiatrični bolnišnici in s sodelovanjem v različnih programih zdravljenja pripomogle k svoji ozdravitvi. Intervjuvanke so imele samomorilne misli. V njihovo obravnavo se je vključevalo več različnih strokovnjakov, ki so vsak s svojega vidika pripomogli na poti do cilja. Pacientke so imele v psihiatrični bolnišnici pozitivno izkušnjo z medicinskimi sestrami in ostalim osebjem. Vse so bile celostno obravnavane in so jim bile zagotovljene psihične, fizične, socialne in duhovne potrebe. Po zdravljenju je okolje na njihovo vrnitev odreagiralo pozitivno. Menijo, da je življenje po zdravljenju normalno in kakovostno.

**Razprava in sklep:** Velik vpliv na potek zdravljenja pacientov z depresijo ima družina in prijatelji. Pacienti lahko veliko naredijo tudi sami, in sicer, da razmišljajo pozitivno, se vključujejo v socialno in družbeno okolje ter z zdravim slogom življenja. Ključnega pomena pri zdravljenju je multidisciplinarni tim, v katerem vsak član opravlja svojo nalogo, ki pa se med seboj povezujejo. Na podlagi raziskave smo ugotovili, da ima velik vpliv med obravnavo pacientov z depresijo prav medicinska sestra, v kateri pacienti vidijo svojo zaveznico, ki jih spodbuja in jim pomaga do njihove ozdravitve, jim daje znanje, jih informira o bolezni in o tem, kako se naj spopadajo z različnimi občutki. Ključnega pomena je, da pacienti po zdravljenju opravljajo aktivnosti, ki jim v življenje vračajo veselje.

**Ključne besede:** depresija, zdravljenje pacienta, zdravstvena vzgoja, sprememba načina življenja, celostna obravnavo pacienta, kakovost življenja, sprejetost.

## SUMMARY

**Introduction:** Depression is a mental disorder with many symptoms and it deeply affects the way patients function. It involves a whole person and affects someone's mood, feelings, thinking and behaviour. It also affects persons self-awareness about oneself and life, the way someone feels and experiences the world around itself as well as prosecution of some life activities. The purpose of this research is to find out how satisfied the patients are with the whole process of treatment during depression.

**Method:** During research we used qualitative method and method of founded theory. The instrument was half structured interview with 10 questions which were formed on theoretical basis and used on non-probability purposive sample. We interviewed three patients who were treated for depression. Before each interview we got a signed individual consent from all three interviewers.

**Results:** Patients sought for help in their domestic environment when a disorder first appeared and later at their family doctor who sent them to further treatment. They were hospitalized in a psychiatric hospital and involved in different programmes that helped to improve their healing. Interviewers had suicidal thoughts. Several experts were involved in their treatment and each of them helped to gain their goal. Patients had a positive experience with the nurses and other employees. All were treated overall and had their psychic, physical, social and spiritual needs covered. After treatment environment reacted positively. They all feel that life after treatment is normal and qualitative.

**Discussion and conclusion:** Family and friends influence on how successful the treatment of patients with depression is. On the other hand, patients can do a lot by themselves with positive thinking, getting involved in social environment and maintaining healthy lifestyle. The key to better treatment is multidisciplinary team in which each member does its part meanwhile all are combining. According to the research we discovered that a nurse has a great role during patient treatment. Patients see her as their ally who encourages them, helps them to heal, informs them about their condition and helps them to cope with different feelings. After treatment it's important that patients get involved in activities that bring joy into their lives.

**Key words:** depression, patient treatment, health education, lifestyle change, overall patient treatment, quality of life, acceptance.