

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**DOŽIVLJANJE IN IZKUŠNJE DIPLOMIRANIH ZDRAVSTVENIKOV S
PORODI NA TERENU**

**REGISTERED NURSES' EXPERIENCES WITH OUT-OF-HOSPITAL
BIRTHS**

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POVZETEK

Uvod: Doživljanje in izkušnje diplomiranih zdravstvenikov z vodenjem poroda na terenu so odvisne od pripravljenosti, znanja ter spretnosti. Vsaka sprejeta odločitev o nadaljnjem poteku poroda na terenu je ključnega pomena in predstavlja odgovornost. Pomembno je, da diplomirani zdravstveniki sodelujejo v timu, si med seboj pomagajo in nadgrajujejo svoje znanje. Z raziskavo smo želeli predstaviti doživljanje in izkušnje diplomiranih zdravstvenikov pri porodu na terenu in opisati njihovo vlogo pri tem, predstaviti njihove občutke ter najpogostejše zaplete, s katerimi se srečujejo pri porodu na terenu.

Metoda: Raziskava temelji na kvalitativni metodi raziskovanja z interpretativnim fenomenološkim raziskovalnim pristopom. Pridobivanje podatkov je potekalo s tehniko intervjuja, in sicer s polstrukturiranimi intervjuji. Uporabili smo neslučajnostni namenski vzorec, vključenih je bilo pet diplomiranih zdravstvenikov.

Rezultati: Na podlagi analize intervjujev smo podatke razdelili v 4 kategorije: pogostost porodov na terenu, izkušnje diplomiranih zdravstvenikov s porodi na terenu, zapleti pri porodu na terenu ter pripravljenost diplomiranih zdravstvenikov na porod na terenu. Po pričevanju intervjuvancev, porod na terenu ni pogost dogodek. Z njim se srečujejo do enkrat letno. Njihove izkušnje so v večini pozitivne, je pa res, da vsak od njih gleda na to intervencijo drugače. Nekateri intervjuvanci doživljajo porod kot fiziološki proces, drugi kot neko posebno intervencijo. Intervjuvanci povedo, da porod na terenu zaradi svoje redkosti nikoli ne bo postal rutina, kar pa pomeni, da bo vedno predstavljal neko stresno situacijo, če se diplomirani zdravstveniki ne bodo kontinuirano strokovno usposabljali bodisi v kliničnem okolju ali v obliki simulacijskega učenja. Zapleti, ki se pojavljajo, so največkrat krvavitve, ki jih lahko v večini primerov s pravnimi ukrepi ustavijo in oskrbijo. Za izboljšanje predlagajo več praktičnih vaj in kroženja v porodnišnici ter teoretičnih ponovitev znanj o nujnih stanjih v ginekologiji in pri porodu na terenu.

Razprava in sklep: Diplomirani zdravstveniki imajo v večini pozitivne izkušnje s porodi na terenu, se pa zaradi redkosti te intervencije in pomanjkanja usposabljanj velikokrat pojavita strah in negotovost, ki vodita v stresno situacijo. Predlagamo več praktičnega usposabljanja, v smislu rednega kroženja v porodnišnici, pogovora o tem, kako se odzvati ob kritičnih zapletih pri porodu (npr. ob smrti novorojenčka ali drugih zapletih), kako sodelovati v timu in kako nuditi porodnici ter prisotnim dobro psihično podporo, ki je v tistih trenutkih ključnega pomena.

Ključne besede: porod, porod na terenu, diplomirani zdravstvenik, pogostost porodov, izkušnje s porodi, zapleti pri porodu.

SUMMARY

Introduction: Registered nurses' experiences with out-of-hospital births depend on readiness, knowledge and skill. Each decision about every future out-of-hospital birth is crucial and carries responsibility. It is important, that registered nurses work in a team, help each other and upgrade their knowledge. This research brings the experiences of registered nurses with out-of-hospital births, and presents their role in out-of-hospital births, their feelings and most common complications that can occur during births.

Method: The research is based on the qualitative research method with interpretive phenomenological research approach. Gathering data was performed using the interview technique with semi structured interviews. A non-randomised sample was used which included five registered nurses.

Results: Based on the analysis of the interviews, the data was divided into 4 categories: the frequency of out-of-hospital births, registered nurses' experiences with out-of-hospital births, complications with out-of-hospital births and the readiness of registered nurses with out-of-hospital births. Based on their telling the interviewees rarely encounter out-of-hospital births, possibly once a year. Their experiences have mostly been positive, but every one of the interviewees sees the intervention differently. Some interviewees experience delivery as a physiological process, others as a special intervention. Interviewees believe that out-of-hospital births will never become a routine intervention, therefore it will always be a stressful situation, in case registered nurses do not get enough professional training in clinical environment or some form of simulation learning. Complications that occur are usually bleeding related, but in most cases, they can be stopped and treated with the right measures. In order to improve themselves, the interviewees suggest more practical exercises and rotation in maternity hospital as well as theoretical knowledge revising about emergencies in gynaecology and out-of-hospital births.

Discussion: Registered nurses mostly have positive experiences with out-of-hospital births, but due to the rarity of such interventions and the rare training and upgrading of their knowledge, fear and insecurity often lead to stressful situations. We suggest more practical training in terms of regular rotation in the maternity hospital, and more talk on how to react in a certain situation, such as: the death of a newborn, various complications, and how to work in a team and offer the mother and others, present at the birth, crucial psychological support.

Key words: birth, out-of-hospital birth, registered nurse, frequency of births, experiences with births, birth complications.