

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**POZNAVANJE PALIATIVNE OSKRBE MED SVOJCI
STANOVALCEV DOMA STAREJŠIH ŠENTJUR**

**KNOWLEDGE OF PALLIATIVE CARE AMONG RELATIVES OF
RESIDENTS OF NURSING HOME ŠENTJUR**

Študent: GORDAN TACER

**Mentorica: viš. pred. mag. DARJA PLANK, viš. med. sest., prof.
zdr. vzg.**

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POVZETEK

Uvod: Pri izvajanju kakovostne paliativne oskrbe je neizogibno vključevanje svojcev v proces paliativne oskrbe. Svojci so namreč eden izmed ključnih sestavnih elementov za kakovostno izvedeno paliativno oskrbo. Paliativna oskrba in filozofija hospica omogočata umirajočemu pacientu drugačno umiranje. Do samega konca ga spoštuje kot človeka, spoštuje njegovo osebnost in dostojanstvo ter izboljšuje kakovost življenja. Vključevanje svojcev v skrb za umirajočega pripomore k celovitejši pomoči in je zato nujno. Z raziskavo smo želeli ugotoviti, koliko svojci stanovalcev Doma starejših Šentjur poznajo paliativno oskrbo.

Metoda: Uporabili smo kvantitativni raziskovalni pristop, in sicer metodo deskripcije. Pridobivanje podatkov je potekalo s tehniko anketiranja. Kot instrument je bil uporabljen anketni vprašalnik. Uporabili smo neslučajni, priložnostni vzorec. V vzorec smo vključili svojce stanovalcev Doma starejših Šentjur. Od 80 razdeljenih anketnih vprašalnikov smo dobili vrnjenih 66, kar predstavlja 82,5-odstotno realizacijo vzorca. Podatke smo zbrali in obdelali v programu Excel.

Rezultati: Rezultati raziskave so pokazali, da večina svojcev, ki so bili vključeni v raziskavo, ne pozna paliativne oskrbe. Pri komunikaciji sta po mnenju svojcev najpomembnejša dotik in poslušanje. Pomembnejša od neverbalne komunikacije (govorica telesa, mimika obraza) se sodelujočim v raziskavi zdi verbalna komunikacija, saj je takšno mnenje podalo kar 80,3 % sodelujočih. Kar 69,7 % svojcev, ki so sodelovali v raziskavi, je navedlo, da svojca v paliativni oskrbi, ki odklanja pogovor, k le-temu ne spodbujamo. Rezultati so prav tako pokazali, da večina svojcev meni, da bolečina ni običajen spremljevalec starosti.

Razprava: Ugotavljamo, da svojci stanovalcev Doma starejših Šentjur slabo poznajo paliativno oskrbo. Zaradi demografskih sprememb bo vedno več ljudi potrebovalo paliativno oskrbo, vendar je brez ustreznega znanja in ozaveščanja prebivalstva ne bodo deležni, čeprav so do nje upravičeni. V primeru višje stopnje ozaveščenosti prebivalstva bi se le-to lahko lažje in z večjim zaupanjem v zdravstvene delavce ter medicino, odločalo zanjo.

Ključne besede: paliativna oskrba, svojci, bolečina, komuniciranje

SUMMARY

Introduction: In order to implement the best quality of palliative care it is needed for relatives to get involved in the process of palliative care. Relatives are an integral component of palliative care quality. The purpose of the study was to determine how many relatives of elderly residents in home Šentjur are familiar with palliative care. Palliative care and hospice philosophy allows a patient dying different deaths. Palliative care gives the patient a possibility to be a respected human being until the very end, his personality and dignity is important, palliative care also improves the quality of life. Involving the family members into caring for the dying patient contributes to a more comprehensive aid and is therefore essential. In addition, relatives of a dying person have an opportunity to say goodbye. The patient dies knowing that the palliative care personnel helped him, so, if necessary they will also help his/hers relatives.

Method: We used quantitative research approach, method descriptions. Data acquisition was conducted by interviewing technique. For the instrument we used a questionnaire. We used not random, but occasional sample. The sample included relatives of elderly home residents Šentjur. Of the 80 questionnaires there were 72 returned, which represents 90 percent of the sample. Data was collected and processed in Excel program.

Results: (54.6 %) of respondents believe that palliative care integrates care for patients with advanced and incurable disease. 16 (24.2 %) of respondents believe that palliative care the terminally ill in the last days of his life. Palliative care is the comprehensive care of the patient with advanced and incurable disease, and more than half of the respondents replied in the affirmative. It was found that the majority of respondents include your loved one in palliative care, with 63 (95.5 %) of respondents answered in the affirmative. Key results of the analysis showed that the surveyed families are not familiar with palliative care. It would therefore be necessary to raise awareness and educate the families about the importance of palliative care. In the communication, according to relatives of the most important touch and listening. Important to find a non-verbal communication (body language, facial expressions). Patient in palliative care should be encouraged to communicate. The results also showed that the pain is not normal companion age. Patients in the palliative necessary to provide pain relief.

Discussion: We find that families of elderly home residents Šentjur poor knowledge of palliative care. The demographic changes will always be more people needing palliative care, but without the proper knowledge and awareness of the population will benefit, as we should. There should be more focus on awareness, education and knowledge of palliative care among the population.

Keywords: palliative care, relatives, pain, communication