

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**PREPREČEVANJE ZAPLETOV PRI PACIENTIH Z VSTAVLJENIM
URINSKIM KATETROM**

**PREVENTION OF COMPLICATIONS AT THE PATIENTS WITH
INSERTED URINARY CATHETER**

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**Študijski program: VISOKOŠOLSKI STROKOVNI ŠTUDIJSKI
PROGRAM ZDRAVSTVENA NEGA**

CELJE, 2018

POVZETEK

Uvod: Urinska kateterizacija je umetna izpeljava seča z urinskim katetrom, cistostomo ali nefrostomo zaradi različnih bolezenskih ali drugih vzrokov (kamni v sečevodu ali mehurju). Zaradi staranja populacije je uporaba urinskega katetra vse pogostejša, kar pa lahko izzove nastanek različnih zapletov. Namen raziskave je ugotoviti, kateri so najpogostejši zapleti pri pacientu z urinskim katetrom in predstaviti ukrepe za njihovo preprečevanje.

Metode: Raziskava je temeljila na kvantitativni in deskriptivni metodi raziskovanja. Uporabili smo anketni vprašalnik, ki smo ga sestavili na osnovi pregleda literature. Uporabili smo neslučajnostni, priložnostni vzorec, v katerega smo vključili 60 izvajalcev zdravstvene nege na Kliničnem oddelku za urologijo Univerzitetnega kliničnega centra (v nadaljevanju UKC) Ljubljana. Pravilno izpolnjenih je bilo 53 anketnih vprašalnikov, kar predstavlja 88-% realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2010.

Rezultati: Najpogostejši zapleti, ki se pojavijo pri pacientu z urinskim katetrom, so hematurija (38,2 %), zamašen urinski kateter (23,4 %) ter infekcija in bolečina (18,4 %). V primeru bolečin v spodnjem delu trebuha v 43,3 % anketirani najprej preverijo, če je urinski kateter prehodan in nato v 33,3 % aplicirajo terapijo po naročilu zdravnika. Pri hematuriji 56,9 % opravi kontrolo pretoka in barve urina vsako uro. Kot najpogostejša znaka infekcije sečil so anketirani v 23,6 % prepoznali moten urin in bolečino v spodnjem delu trebuha (22,5 %). Najpomembnejše vstopno mesto, ki lahko privede do okužbe sečil, je po njihovi oceni v 28,3 % vhod v sečnico in v 27,1 % stik med urinskim katetrom in urinsko vrečko. 84,9 % anketiranih izvaja anogenitalno nego 3-krat dnevno. Najpogosteje urinsko vrečko namestijo na ograjico postelje pri vnožju (41 %), cevko urinske vrečke pa pod stegno (36 %). Znanje o urinski kateterizaciji najpogosteje pridobivajo s pregledom strokovne literature (PV = 3,75), učnih delavnicah (PV = 3,11) in prek interneta (PV = 3,40). Znanje želijo nadgrajevati na učnih delavnicah s praktičnim delom (PV = 4,28) in na pogovornih okroglih mizah z izmenjavo izkušenj (PV = 4,07). V 100 % se strinjajo, da je znanje o postopkih in materialih treba obnavljati in izpopolnjevati. Le 15,1 % jih meni, da je mogoče kakovostne in verodostojne informacije pridobiti tudi prek spleta.

Razprava in sklep: Z raziskavo smo ugotovili, da se pri pacientih z vstavljenim urinskim katetrom pogosto pojavljajo neželeni zapleti. Najpogostejši med njimi so infekcija sečil, bolečina in krči ter hematurija. Zaposleni v zdravstveni negi te zaplete pogosto prepoznajo in izvajajo ukrepe za preprečevanje, med katerimi je najpomembnejša higiena rok, anogenitalna nega ter upoštevanje priporočil glede zadostne hidracije. Iz rezultatov raziskave je razvidno tudi, da si zaposleni v zdravstveni negi želijo izpopolnjevati svoje znanje in deliti izkušnje s področja prepoznavanja ter preprečevanja možnih zapletov pri pacientih z urinskim katetrom za namene izboljšanja kakovosti zdravstvene nege in kakovosti življenja pacientov z urinskim katetrom.

Ključne besede: zdravstvena nega, urinski kateter, urinska kateterizacija, zapleti pri urinski kateterizaciji

SUMMARY

Introduction: Urinal catheterization is the artificial urine bypass through the urinary catheter, cystotomy or nephrostomy, applied due to various diseases or other causes (stones in the urethra or bladder). Due to the aging of the population, the use of the urine catheter is becoming more and more frequent, which can cause the emergence of various complications. The purpose of our research is to ascertain which the most common complications in a patient with a urine catheter are and to present the measures for the prevention of the complications.

Methods: The research was based on the quantitative and the descriptive methods of researching. We used a survey questionnaire which was constructed on the basis of the literature review. We used a non-random, ad hoc sample into which we included 60 nursing care providers in the Department of Urology at the University Medical Centre Ljubljana. 53 survey questionnaires were filled in correctly which represents 88% realization of the sample. The data were collected and processed with the program Microsoft Office Excel 2010.

The results: The most common complications which occur in the patients with the urinary catheter are hematuria (38.2%), clogged urine catheter (23.4%), and infection and pain (18.4%). In the case of pains in the lower part of the abdomen (43.3%), the participants of the survey first check whether the urinary catheter is transient and then they apply the therapy (in 33.3%) according to the instructions of the physician. In the case of hematuria, 56.9% perform the control of the flux and the color of urine every hour. As the most common symptoms of the urinary tract infection, the participants of the survey identified opaque urine in 23.6% and the pain in the lower part of the abdomen (22.5%). According to their estimate, the most important entrance spot which can lead to the urinary tract infection is the entrance to the urethra in 28.3% and the contact between the urinary catheter and the urinary bag in 27.1%. 84.9% of the participants of the survey perform the anogenital care three times a day. Most commonly, they place the urinary bag to the fender of the bottom of the bag (41%) and the tube of the urinary bag under the thigh (36%). Most commonly, they acquire the knowledge on urinary catheterization by reviewing the scientific literature (PV=3.75), training workshops (PV=3.11) and through the internet (PV=3.40). They wish to upgrade their knowledge in the training workshops through practical work (PV = 4.28) and in the roundtable discussions by exchanging experiences (PV = 4.07). They agree in 100% that the knowledge on the procedures and materials needs to be renewed and upgraded. Only 15.1% of them believe that qualitative and trustworthy information can be obtained through the internet.

Discussion and conclusion: By research, we discovered that undesired complications often emerge in patients with the inserted urinary catheter. The most often among them are urinary tract infection, pain and cramps, and hematuria. The employees in the nursing care often identify these complications and perform the preventive measures, among which the most important is hygiene of hands, anogenital care, and compliance with recommendations regarding sufficient hydration. The results

of the research also show that the employees in the nursing care wish to improve their knowledge and share their experiences in the field of recognizing and preventing possible complications in patients with a urinary catheter for the purposes of improving the quality of nursing care and the quality of life of patients with the urinary catheter.

Keywords: nursing care, urinary catheter, urinary catheterization, complications of urinary catheterization.