

VISOKA ZDRAVSTVENA ŠOLA V CELJU

**CELOSTNA OBRAVNAVA PACIENTOV S SRČNIM
POPUŠČANJEM**

**INTEGRATED TREATMENT OF PATIENTS WITH HEART
FAILURE**

Študentka: ANJA PODLESNIK

Vpisna številka: 1011112007

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Povzetek

Uvod: Srčno popuščanje je sindrom, ki prizadene velik del starejše populacije. Bolezen močno vpliva na kakovost življenja pacienta. Najpogostejši znaki poslabšanja srčnega popuščanja so zadrževanje tekočine v telesu, periferna cianoza ter pospešen srčni utrip. Pri zdravstveni negi pacienta s srčnim popuščanjem je najpomembnejši dejavnik zdravstveno-vzgojno svetovanje. Cilj tovrstne zdravstvene vzgoje je preprečevanje napredovanja bolezni, ohranjanje in izboljšanje kakovosti življenja ter izboljšanje preživetja. Namen diplomskega dela je predstaviti celostno obravnavo pacientov s srčnim popuščanjem.

Metode dela: Raziskava je temeljila na kvalitativnem raziskovalnem pristopu, uporabljena je bila deskriptivna metoda. Primarni viri so bili zbrani s pomočjo pregleda strokovne literature in bibliografske baze podatkov. Predstavili smo študijo pacienta hospitaliziranega zaradi poslabšanja kroničnega srčnega popuščanja. Podatke smo pridobili s pomočjo polstrukturiranega intervjuja, tehnike opazovanja ter analize negovalne in zdravstvene dokumentacije. Z intervjujem smo prišli do podatkov, ki jih iz dokumentacije ni možno pridobiti. Podatke smo obdelali in sistematično uporabili za prikaz študije primera po konceptualnem modelu Virginije Henderson.

Rezultati: Raziskava je pokazala, da ima pacient s srčnim popuščanjem največje težave pri aktivnostih dihanja, prehranjevanja in pitja, pri odvajanju in izločanju, pri spanju in vzdrževanju normalne telesne temperature. Sklepamo lahko, da pacient ni upošteval nefarmakoloških ukrepov, ki vplivajo na izboljšanje zdravstvenega stanja. Ugotovili smo, da pacient prepozna poslabšanje bolezni, ko opazi težko dihanje že ob najmanjših naporih, povečanje telesne teže in otekanje nog. Pri obravnavi pacienta s srčnim popuščanjem je pomemben celosten pristop medicinske sestre do pacienta. Glavna naloga medicinske sestre je zdravstveno-vzgojno svetovanje pacientu in tudi njegovim svojcem.

Razprava in sklep: Z raziskavo, v katero smo vključili študijo primera pacienta s srčnim popuščanjem, smo prikazali, da na poslabšanje zdravstvenega stanja pacientov s srčnim popuščanjem zagotovo vpliva neupoštevanje farmakoloških in nefarmakoloških ukrepov. Medicinska sestra kot član širšega zdravstvenega tima ima pomembno vlogo pri zagotavljanju celovite bolnišnične oskrbe pacienta s srčnim popuščanjem, saj z zdravstveno-vzgojnim svetovanjem spodbuja in vodi pacienta k bolj zdravemu načinu življenja.

Ključne besede: srčno popuščanje, kronično srčno popuščanje, zdravstvena nega, pacient, medicinska sestra, zdravstveno-vzgojno delo.

Abstract

Heart failure is a chronic disease that affects a large part of the elderly population. The disease has a major impact on quality of life of the patient. The most common signs of worsening heart failure are fluid retention in the body, peripheral cyanosis, and rapid heartbeat. When dealing with a patient with heart failure the most important factor in health is educational counseling. The aim of this type of health education is to prevent disease progression, maintaining and improving the quality of life and improving survival chances. The purpose of the thesis is to present a comprehensive treatment of patients with heart failure.

Methods: The study is based on qualitative research approach. The descriptive method was used. Primary sources were collected by means of a review of the scientific literature and bibliographic databases. A study of 68 year-old patient who was hospitalized due to exacerbation of chronic heart failure is presented. Data were obtained through interview, observation techniques, and the analysis of nursing and medical records. The interview enabled us to perceive information which could not be obtained from the documents. The data were analysed and systematically used to show case studies of the conceptual model of Virginia Henderson.

Results: The study showed that the patient with heart failure has the greatest difficulty in activities of breathing, eating and drinking, in the secretion and excretion, sleeping and maintaining normal body temperature. We can conclude that the patient does not take into account non-pharmacological measures that influence the improvement of the health status. We have also found that the patient recognizes the worsening of the disease after noticing shortness of breath at the slightest exertion, weight gain and swelling of the legs. When dealing with a patient with heart failure nurse's comprehensive and individual approach to the patient is of major importance. The main role of the nurse is a health education counseling of patients and their relatives.

Discussion and conclusion: With the research in which we have included a case study of a patient with heart failure, we have shown that a disregard of pharmacological and non-pharmacological measures influences the deterioration of the health status of patients with heart failure. The nurse as a member of the wider healthcare team plays an important role in providing comprehensive hospital care of the patient with heart failure by providing health education and counseling which encourage the patient to lead a healthier lifestyle.

Keywords: heart failure, chronic heart failure, nursing care, patient, nurse, healthcare work.

