

VISOKA ZDRAVSTVENA ŠOLA V CELJU

**SEZNANJENOST MEDICINSKIH SESTER S POMENOM USTNE
NEGE PRI INTUBIRANEM PACIENTU**

**THE NURSE'S AWARENESS OF THE IMPORTANCE OF ORAL
HYGIENE IN AN INTUBATED PATIENT**

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POVZETEK

Uvod: Ustna nega intubiranega pacienta je zelo pomemben del osebne higiene. Namen izvajanja ustne nege intubiranega pacienta ni le vzdrževanje čiste ustne votline, temveč pripomore k preprečevanju infekcij in poškodb sluznice ustne votline. Z raziskavo smo želeli ugotoviti, kako so medicinske sestre v intenzivni terapiji seznanjene s pomenom ustne nege intubiranih pacientov in možnimi zapleti pri izvajanju ustne nege le-teh.

Metode dela: Uporabljena je bila deskriptivna metoda s preučevanjem domače in tuje literature. Za instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature. Raziskavo smo izvedli v Splošni bolnišnici Celje v mesecu juniju 2014 na Oddelku za interno intenzivno medicino in v Enoti intenzivne medicine operativnih strok. Uporabili smo neslučajnostni, priročni vzorec, v katerega smo vključili petdeset izvajalcev zdravstvene nege. Vrnjenih je bilo vseh petdeset anket, kar predstavlja 100-odstotno realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2010.

Rezultati: Iz rezultatov opravljene raziskave lahko ugotovimo, da medicinske sestre v intenzivnih enotah dobro poznajo pomen ustne nege, saj podatek, da je večina (98 %) anketiranih mnenja, da zaradi neredne ustne nege in aspiracij lahko pride do aspiracijske pljučnice in VAP, kaže na zavedanje, kako pomembna je redna ustna nega. O prepoznavnosti zapletov ustne nege intubiranega pacienta je 98 % anketiranih odgovorilo, da jih prepoznajo. Anketiranci poznajo najpogostejše možne zaplete pri izvajanju ustne nege intubiranega pacienta. Največ jih je navedlo, da je to ekstubacija 66 %, sledijo napačna fiksacija tubusa 54 %, razjeda zaradi pritiska 54 %, padec saturacije arterijske krvi s kisikom 38 %, poškodovan zračni mešiček 16 %, aspiracija tekočine v pljuča 12 %, poškodba in krvavitev dihalnih poti 10 %, okužba dihal 10 %, bolečina 4 %, nemiren pacient 4 % in zamašitev tubusa 2 %.

Razprava in sklep: Glede na rezultate, ki smo jih pridobili iz podatkov s pomočjo ankete, lahko pritrdimo, da imajo medicinske sestre v intenzivnih enotah dovolj znanja o pomenu ustne nege pri intubiranih pacientih.

Ključne besede: ustna nega, intubiran pacient, zapleti ustne nege, medicinska sestra.

SUMMARY

Introduction: The oral hygiene of an intubated patient is a very important part of personal hygiene. The purpose of performing oral hygiene on an intubated patient is not only to maintain a clean oral cavity, but also to help prevent infections and damage to the mucous membranes of the oral cavity. The research aimed to discover the extent to which nurses working in intensive care are aware of the importance of oral hygiene in intubated patients and of possible complications when performing oral hygiene on an intubated patient.

Methods: A descriptive method was applied by studying domestic and foreign literature. The instrument used was a questionnaire that was conceived based on the review of literature. The research was conducted at the Celje General Hospital in June 2014, at the Department for Internal Intensive Medicine and the Surgical Intensive Medicine Unit. A non-random, convenient sample was used that included 50 healthcare workers. Whereby all 50 questionnaires were returned, thus representing 100% sample realisation. The data was collected and processed using Microsoft Office Excel 2010.

Results: The results of the research show that nurses working in intensive care units are well aware of the importance of regular oral hygiene, as revealed by the data that most (98%) respondents believed that irregular oral hygiene and aspirations could lead to aspiration pneumonia and ventilator-associated pneumonia (VAP). Regarding the awareness of complications in the oral hygiene of an intubated patient, 98% of respondents answered that they could identify complications in the oral hygiene of an intubated patient. Respondents are familiar with the most frequent possible complications when performing oral hygiene on an intubated patient. Most of them indicated that these were extubation (66%), followed by incorrect fixation of a tube (54%), pressure-induced ulcer (54%), arterial oxygen saturation drop (38%), damaged cuff (16%), aspiration of fluid in lungs (12%), injury and hemorrhage of the respiratory tract (10%), respiratory infection (10%), pain (4%), restless patient (4%) and clogged tube (2%).

Discussion and conclusion: With respect to the results obtained in the survey, it may be confirmed that nurses working in intensive care units have sufficient knowledge of the importance of oral hygiene in intubated patients.

Key words: oral hygiene, intubated patient, oral hygiene complications, nurse.