

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**VLOGA IN KOMPETENCE REŠEVALCA PRI UPORABI SODOBNIH
IMOBILIZACIJSKIH SREDSTEV**

**THE ROLE AND COMPETENCE OF A RESCUE WORKER IN USING
CONTEMPORARY MEANS OF IMMOBILIZATION**

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POVZETEK

Uvod: Reševalci se z imobilizacijo in oskrbo poškodovanca srečujejo vsakodnevno. Za uspešno izvedbo njihovih nalog sta poleg sodobnih imobilizacijskih sredstev pomembni tudi usposobljenost članov ekipe in dobra organizacija celotnega sistema nujne medicinske pomoči v državi. S pomočjo raziskave smo želeli ugotoviti, kako so slovenski reševalci zadovoljni z opremljenostjo z imobilizacijskimi sredstvi in načini pridobivanja znanj s področja imobilizacije, obenem pa teoretično primerjati izobraževanje in kompetence reševalcev pri oskrbi poškodovanca v razvitih zahodnih državah in Sloveniji. Dotaknili pa smo se tudi izzivov, s katerimi se slovenski reševalci srečujejo na intervencijah s poškodbami, tako z vidika kompetenc, kakor tudi obvladovanja bolečin.

Metode dela: Raziskava je temeljila na kvantitativnem raziskovalnem pristopu. Uporabljena je bila deskriptivna metoda raziskovanja. Podatki so bili zbrani s pomočjo študija domače in tuje literature s področja nujne medicinske pomoči, izobraževanja, dela in kompetenc zdravstvenih delavcev, opreme, ki se v današnjem času uporablja pri imobilizaciji poškodovancev, in s pomočjo anonimnega anketnega vprašalnika. Za iskanje virov so bile uporabljene tudi bibliografske baze COBISS, ScienceDirect in Digitalna knjižnica Univerze v Mariboru (DKUM). Pridobljene podatke smo statistično uredili s pomočjo programa SPSS in predstavili opisno ter grafično s pomočjo programa Microsoft Excel.

Rezultati: Reševalci imajo na voljo sodobna imobilizacijska sredstva. Da je opremljenost slovenskih urgentnih vozil z imobilizacijskimi sredstvi ustrezna, meni 91,3 % anketirancev. Kar 58,7 % anketirancev je nezadovoljnih z nivojem znanja iz imobilizacije, ki ga pridobijo med formalnim izobraževanjem. Še vedno 32,6 % anketirancev občasno odhaja na intervencije brez vsakršnega spremstva. Čeprav 71,7 % anketirancev bolečino ocenjuje ves čas, pa kar 43,5 % anketirancev opaža, da poškodovanci le redko prejmejo protibolečinsko terapijo. Le 17,4 % anketirancev je mnenja, da se poškodovancem v njihovi oskrbi zagotavlja ustrezna analgetična terapija.

Razprava in sklep: Čeprav ugotavljamo, da je opremljenost reševalnih vozil v Sloveniji z imobilizacijskimi sredstvi dobra, pa anketiranci menijo, da se med formalnim izobraževanjem daje premalo poudarka temam iz imobilizacije. Bolj so zadovoljni s kontinuiranim strokovnim izpopolnjevanjem. Največ znanja s področja imobilizacije pridobijo med delom na terenu. V Sloveniji se še vedno dogaja, da na intervencijo s poškodovancem odide le en sam reševalec. To zmanjšuje kvaliteto oskrbe in varnost tega poškodovanca. Organizacija sistema nujne medicinske pomoči ima velik vpliv na kompetence reševalcev. V ekipo nujne medicinske pomoči v Sloveniji je vključen tudi zdravnik. Čeprav se ta lahko odloči za aplikacijo farmakološke protibolečinske terapije, so anketiranci mnenja, da se poškodovancem le redko zagotavlja ustrezna protibolečinska terapija.

Ključne besede: reševalec, imobilizacija, kompetence, bolečina.

SUMMARY

Introduction: Paramedics deal with immobilization and provide care to an injured person on a daily basis. For a successful realization of their duties they don't need only a contemporary means of mobilization but also qualified team members and a good organization of the emergency medical aid system in the country. Through a study we tried to determine how satisfied are Slovenian paramedics with the equipment of means of immobilization and with the ways to acquire knowledge on immobilization. At the same time we tried to compare theoretically the education and competences of paramedics in providing care to an injured person in developed western countries and in Slovenia. We also addressed the challenges which Slovenian paramedics face on interventions with injuries from the competences point of view as well as from the pain management point of view.

Methods: The study was based on quantitative research approach, using the descriptive method of research. The data were collected from Slovenian and foreign studies in the field of emergency medical treatment, education, work and competence of medical workers and equipment which is nowadays used for immobilization of an injured person, as well as by means of an anonymous questionnaire. Bibliographic databases such as COBISS, ScienceDirect and Digital library of University of Maribor (DKUM) were used for obtaining the sources of information. Acquired data was statistically sorted with the program SPSS and descriptively and graphically presented with the help of the program Microsoft Excel.

Results: Slovenian paramedics have contemporary means of immobilization at their disposal. 91.3% of respondents think that their emergency ambulances are appropriately equipped with the means of immobilization. As much as 58.7% of respondents are unsatisfied with the level of knowledge on immobilization that they receive during their formal education. 32.6% of respondents occasionally still intervene to emergencies with an injured person unaccompanied. Although 71.7% of respondents evaluate the pain constantly, as much as 43.5% of respondents notice that injured persons rarely receive analgesic treatment. Only 17.4% of respondents think that injured persons receive appropriate analgesic treatment under their care.

Discussion and conclusion: Although we establish that Slovenian ambulances are well equipped with the means of immobilization, respondents think that there is not enough emphasis on subjects of immobilization during formal education. They are more satisfied with the permanent professional upgrade courses. They get most of their knowledge during their work in the field. In Slovenia occasionally still happens, that only one paramedic goes on intervention with injured person. This reduces the quality of care and safety of that injured person. The organisation of an emergency medical aid system has great influence on paramedic competences. A doctor is a part of an emergency medical aid team in Slovenia. Although only he can decide to apply a pharmacologic analgesic treatment, respondents think that injured persons rarely receive an appropriate analgesic treatment.

Keywords: paramedic, immobilization, competences, pain.