

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**CELOSTNA OBRAVNAVA ŽENSKE Z URINSKO INKONTINENCO
HOLISTIC CARE FOR WOMAN WITH URINARY INCONTINENCE**

Študentka: NATAŠA BRATINA

**Mentorica: pred. mag. ANDREJA HROVAT BUKOVŠEK, dipl. m.
s., univ. dipl. org.**

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IZVLEČEK

Uvod: Urinska inkontinenca pri ženskah je zelo pogosta motnja, ki predstavlja zdravstveni, socialni in psihični problem in je še vedno tabu tema, o kateri ženske ne spregovorijo rade in se zapirajo vase. Z njo so povezani tudi nastanek stresa in depresije, socialna izolacija, stigmatizacija, osamljenost, zmanjšana samozavest, neodvisnost in delovna učinkovitost posameznika. Prizadene 8 % žensk in je dvakrat pogostejša kot pri moških.

Namen: Namen diplomskega dela je bil predstaviti celostno obravnavo ženske z urinsko inkontinenco.

Metode dela: V diplomskem delu smo uporabili deskriptivno metodo raziskovanja s študijem domače in tuje literature, ter izvedli študijo primera bolnice z urinsko inkontinenco. Za pridobitev podatkov smo uporabili metodo delno strukturiranega vprašalnika, ki je vseboval 12 sklopov vprašanj povzetih po priročniku Negovalne diagnoze, avtorice Marjory Gordon. Uporabili smo kvalitativno metodo raziskave.

Rezultati: Na osnovi intervjuja ženske z urinsko inkontinenco smo analizirali podatke in izpostavili naslednje specifične negovalne probleme: neučinkovito obvladovanje terapevtskih predpisov, debelost, uhajanje urina, pomanjkljive aktivnosti prostega časa, motnje spanja, socialno izolacijo, nizko samospoštovanje in seksualno disfunkcijo. Aktivnosti zdravstvene nege ženske z urinsko inkontinenco so usmerjene v povrnitev neodvisnosti v najkrajšem možnem času. Zdravstvena nega pri urinski inkontinenci zahteva individualen in holističen pristop, s čimer dosežemo boljše počutje in boljšo kakovost življenja ženske.

Razprava in sklep: Rezultati vsebine s pregledom domače in tuje literature kažejo, da urinska inkontinenca ne prizadene samo inkontinentno žensko ampak celotno družbo. Aktivnosti medicinske sestre so usmerjene v ohranitev in krepitev zdravja. Ženske je potrebno seznaniti z aktivnostmi, ki so koristne za zdravje, pomembna je celostna skrb za telo, bolj enostaven dostop do informacij o urinski inkontinenci. Zdravstveni delavci bi si morali prizadevati za promocijo in širjenje ustreznih informacij o preprečevanju inkontinence in o sodobnih postopkih obravnave z namenom ohranitve dobrega in kakovostnega življenja prizadetih žensk.

Ključne besede: urinska inkontinenca, kakovost življenja, zdravstvena nega, vaje za krepitev mišic medeničnega dna, medicinska sestra.

ABSTRACT

Introduction: Urinal incontinence is a very common medical disorder among women. It represents a medical, social and psychological problem that is seldom spoken of and is often considered a taboo subject. Links to increased stress are often pointed out as well as reduced self-esteem and some degree of isolation, social isolation and increased likelihood of depression. It affects 8 % of women and is twice as common as with men.

Aim: The purpose of the thesis was to present holistic treatment for women with urinary incontinence.

Methodology: In this thesis work, we used on the descriptive method of research by studying domestic and foreign literature and a case study of a patient suffering from urinary incontinence. To obtain data, we used the method of partially structured questionnaire, which contained 12 sets of questions set out in the Guide Nursing diagnoses, by Marjory Gordon. We used a qualitative research method.

Results: We analysed the data collected during interview and highlighted the following specific nursing problems: ineffective management of therapeutic regulations, obesity, urine leakage, lack of leisure activities, sleep disturbances, social isolation, low self-esteem and sexual dysfunction. Nursing for women with urinary incontinence is aimed at the recovery of independence in the shortest possible time. Care of urinary incontinence requires an individualized and holistic approach in order to achieve well-being and a better quality of life for women.

Discussion and conclusion: Research results suggest that urinary incontinence affects not only the patient but society as a whole. All nursing activities are aimed at maintaining and enhancing the patient health. Patients need to be informed and encouraged to taking a holistic approach. Healthcare professional should strive for the promotion and spreading of relevant information on the prevention of incontinence and modern methods of treatment in order to maintain a good quality of life for affected women.

Keywords: urinary incontinence, quality of life, health care, excercises to strengthen the pelvic floor muscles, nurse.