

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

OBRAVNAVA PACIENTA S SAMOMORILNIM VEDENJEM

TREATMENT OF A PATIENT WITH SUICIDAL BEHAVIOR

Študent: DARJA ŠTRAUS

Mentor: viš. pred. DUŠKA DREV, viš. med. ses., univ. dipl. org.

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POVZETEK

Uvod: Samomor je prisoten pri ljudeh skozi vso zgodovino. Je eden najpogostejših vzrokov smrti, ne glede na starost ljudi. Glavni vzroki za samomor so nizka samopodoba in samospoštovanje ter nedoseganje idealov današnje družbe. Vzrokov za pojav samomorilnosti in samomorilnega vedenja pa je več. Pri zdravljenju ljudi s samomorilnim vedenjem je najbolj pomembna podpora svojcev in zavedanje, da ljudje niso sami. Namen diplomskega dela je predstaviti obravnavo pacienta s samomorilnim vedenjem.

Metoda: Pri preučevanju problema smo uporabili kvalitativni raziskovalni pristop, študijo primera. Primarne podatke smo pridobili s tehniko polstrukturiranega intervjuja z osebo po poskusu samomora. V teoretičnem delu smo uporabili metodo deskripcije s študijem domače in tuje literature ter internetnih virov in kavzalno neeksperimentalno metodo. S pomočjo deskriptivne metode smo pojave spoznali na zunaj in jih opisovali, kavzalna neeksperimentalna metoda pa nam je bila v pomoč, ko smo pridobljene podatke podrobneje pojasnjevali in iskali vzročno-posledično zvezo med njimi.

Rezultati: Intervjuvanec navaja vzrok za samomorilno vedenje uživanje marihuane in neuresničeno željo, da bi si našel dekle. K temu so pripomogli še odnosi v družini, in sicer ločitev staršev, očetovo pretepanje, poniževanje s strani starega starša. Samopodoba je imel nizko že v otroštvu, ki se je z odraščanjem še znižala. Imel je občutek manjvrednosti.

Pred boleznijo je treniral karate in obiskoval glasbeno šolo, nato je s prijatelji začel zahajati v klube in uživati prepovedane droge. Tako se je njegovo zdravje začelo slabšati. Še vedno starši ne razumejo njegove bolezni. Nizka samopodoba je še prisotna, vendar se manjvrednega ne počuti več. Redno obiskuje psihiatra in osebnega zdravnika, kjer prejema antipsihotike.

Razprava in sklep: Kot vzrok bolezni intervjuvanec navaja neuresničene ideale ter slabe odnose v družini. Bolezen se je začela v otroštvu, ko se mu je znižala samopodoba, ki se je z leti še zniževala in začela vplivati na kakovost intervjuvančevega življenja. Samopodoba in kakovost življenja je pri intervjuvancu še danes okrnjena. Samomorilno vedenje je bolezen, ki vpliva na vsa življenjska področja in pusti dolgotrajne posledice pri ljudeh.

Ključne besede: samomorilnost, samomorilno vedenje, zdravstvena nega, obravnavo samomorilnega pacienta.

SUMMARY

Introduction: Suicide has been present in humans throughout history. It is one of the most common causes of death, irrespective of the age of people. The main causes of suicide are low self-esteem and self-respect and not achieving the ideals of today's society. The causes of suicide and suicidal behaviour are more. In the treatment of people with suicidal behaviour is the most important support of relatives and the awareness that people are not alone. The aim of the thesis is to present the treatment of patients with suicidal behaviour.

Method: In studying the problem, we used a qualitative research approach, case study. Primary data were obtained by the technique of semi-structured interview with a person after a suicide attempt. In the theoretical part we used the descriptive method by studying domestic and foreign literature, the Internet sources and causal non-experimental method. By using descriptive method we realized phenomena on the outside and described them, casual non-experimental method was helpful to us when we explained obtained data in detail and when we were searching for the casual-consequently relationship between them.

Results: The interviewee indicates as the cause of suicidal behaviour the consumption of marijuana and unrealized desire to find a girlfriend. To this have contributed family relations, namely divorce of parents, beaten by his father, humiliation by his grandfather. He had low self-esteem in childhood, which was even declining when he was growing up. He had a sense of inferiority.

Before the disease he was training karate and attended music school, then he started venturing into clubs and taking illicit drugs. Thus his health began to deteriorate. Even now his parents do not understand his illness. Low self-esteem is still present, but he does not feel inferior any more. He visits a psychiatrist and personal doctor, where he receives antipsychotics.

Discussion and conclusion: The interviewee states unfulfilled ideals and miserable family relationships as the cause of the disease. The disease started in childhood, when his self-esteem lowered, which has declined over the years and began to affect the quality of interviewee's life. His self-esteem and quality of his life are still prejudiced. Suicidal behaviour is a disease that effects all parts of life and lets long lasting effects in humans.

Keywords: suicide rate, suicidal behaviour, nursing care, treatment of suicidal patient.