

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**ZDRAVSTVENA NEGA OTROKA Z ALERGIJO IN ALTERNATIVNE  
METODE LAJŠANJA SIMPTOMOV**

**NURSING CARE OF CHILDREN WITH ALLERGIES AND  
ALTERNATIVE METHODS OF RELIEF FROM SYMPTOMS**

**Študentka: ANDREJA FRIDRIH**

**Mentorica: pred. IVANKA LIMONŠEK, dipl. m. s., univ. dipl. org.**

**Študijski program: VISOKOŠOLSKI STROKOVNI ŠTUDIJSKI  
PROGRAM ZDRAVSTVENA NEGA**

**CELJE, 2012**

## IZVLEČEK

**Uvod:** Vse več je otrok, ki imajo težave z alergijo. Pri majhnih otrocih se v večini srečujemo s prehrabnimi alergijami, pri večjih pa se pridružijo še alergije na inhalacijske alergene. Ker so alergije vedno bolj pogoste, različnih oblik in simptomatike, starši otrok z alergijo iščejo različne metode, ki bi otroku olajšale simptome. Med drugim se za lajšanje simptomov poslužujejo tudi različnih alternativnih metod.

**Namen:** Namen diplomskega dela je ugotoviti vrste alergij pri otroku, preventivne dejavnike pri alergiji, prikazati zdravstveno nego otroka z alergijo ter predstaviti različne alternativne metode lajšanja simptomov.

**Raziskovalna metodologija:** Raziskava je temeljila na kvantitativni metodi dela. Za zbiranje podatkov smo uporabili anketni vprašalnik zaprtega in odprtega tipa, ki je vseboval 12 vprašanj. V raziskavi je sodelovalo 40 staršev, ki imajo otroka z alergijo. Z raziskavo smo želeli ugotoviti, kateri simptomi alergije se pojavljajo pri otroku, kateri alergeni najpogosteje povzročijo alergično reakcijo pri otroku, na kakšne načine lajšajo simptome alergije pri otroku. Zanimalo nas je tudi, v kolikšni meri se starši odločijo za uporabo alternativnih metod za lajšanje simptomov pri njihovem otroku.

**Rezultati:** Analiza podatkov je pokazala, da je pri otrocih najpogostejša alergija na hrano. Najpogostejši simptomi, ki se kažejo pri otroku so atopijski dermatitis, pogosto se pojavlja tudi koprivnica. V raziskavi smo ugotovili, da je najpogostejši preventivni dejavnik izogibanje alergenom. Analiza podatkov pokaže, da se veliko število staršev odloči za uporabo alternativnih metod. Največ se jih je odločilo za bioresonanco. Analiza pridobljenih podatkov pokaže zadovoljstvo staršev z uporabo alternativnih metod.

**Razprava in sklep:** Pri otrocih je veliko alergij, največ na prehrabne alergene. Pomembno vlogo pri alergijah ima zdravstveno vzgojno delo medicinske sestre, ki lahko tako staršem kot otrokom pomaga in svetuje.

**Ključne besede:** otrok z alergijo, alergeni, medicinska sestra, zdravstvena nega, alternativne metode.

## **ABSTRACT**

**Introduction:** There are an increasing number of children that have difficulties with allergies. Small children encounter mainly food allergies; while at a more adult age they will join also allergies to inhaled allergens. Since allergies are increasingly common, in various shapes and various symptomatology, parents of children with allergies are looking for different methods to help the child and ease him the symptoms. Finally, parents can choose also some alternative methods to relieve mentioned symptoms.

**Purpose:** The cause of this research is to identify types of allergies at a child, preventive factors at an allergy, to show care of a child with allergy and to present various alternative methods of relief of symptoms.

**Research methodology:** Research was based on a quantitative method. For data collection, we used a closed and open type questionnaire with 12 questions. Research included 40 parents who have a child with allergy. With our research we wanted to determine which allergy symptoms occur at a child, which allergens cause the most allergic reactions at a child and the possibilities of relieving symptoms of allergy. We were also interested in the extent to which parents choose to use alternative methods to relieve the allergy symptoms.

**Results:** Data analysis showed that the most common allergy by children is food allergy. Most common symptoms that can be seen at a child are atopic dermatitis, often occurs also nettle rash. With this research we established that the most common preventive factor is avoiding allergens. Data analysis shows that many parents choose alternative methods. Most of them used bioresonance. Data analysis also shows a high level of parent satisfaction by using alternative methods.

**Discussion and conclusion:** Children tend to have many allergies, mostly caused by food allergens. Important role in allergies has nursing educational work of a nurse that can provide help and advice to the parents as well as children.

**Key words:** children with allergies, allergens, nurse, nurse care, alternative methods.

