

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**ERGONOMSKI NAČINI DELA MEDICINSKE SESTRE PRI
PACIENTU PO MOŽGANSKI KAPI**

**ERGONOMIC WORKING PRACTISES OF NURSE WITH PATIENT
AFTER A STROKE**

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IZVLEČEK

Uvod: Diplomsko delo vsebuje teoretično razpravo o ergonomiji, ergonomskem delovnem okolju in ergonomskih načinih dela zaposlenih v zdravstveni negi. V diplomskem delu so predstavljeni ergonomski standardi dela medicinske sestre pri zdravstveni negi pacienta po možganski kapi.

Namen: Namen diplomskega dela je bil predstaviti ergonomske načine dela medicinske sestre pri pacientu po možganski kapi.

Metode dela: Diplomsko delo je teoretičnega značaja in je nastalo na osnovi študija strokovne literature in virov, katere dejstva in ugotovitve so strnjena v celoto in opisana s pomočjo povzemanja tujih rezultatov, stališč in citiranja drugih avtorjev. V diplomskem delu so bile uporabljene metoda kompilacije, deskriptivna metoda in sintetična metoda.

Razprava in sklep: Teoretično delo služi informiranju medicinskih sester o pravih ergonomskih pristopih k pacientu po možganski kapi. Predstavljena so tveganja za poškodbe pri delu, katera se lahko preprečijo z več znanja in z ergonomskimi načini dela medicinskih sester pri pacientu po možganski kapi. Medicinske sestre, ki poznajo ergonomske načine dela v zdravstveni negi, lahko veliko pripomorejo k svojemu zdravju in dobremu počutju pacienta. V diplomskem delu so predstavljeni ergonomski načini dela pri pacientu po možganski kapi in sicer obračanje pacienta po možganski kapi (hrbtne, bočne položaje), dvigovanje in transfer pacienta po možganski kapi, uporaba pripomočkov za ergonomske načine dela pri pacientu po možganski kapi, ergonomska ureditev bolniške sobe in delovnega okolja medicinske sestre. Z ergonomskimi načini dela pri pacientu po možganski kapi medicinske sestre zmanjšajo tveganje za bolečine in poškodbe pri delu.

Ključne besede: ergonomija, varno delo, medicinska sestra, bolečine, poškodbe, pravilno dvigovanje, transfer pacientov.

ABSTRACT

Introduction: The final thesis contains a theoretical discussion of ergonomics, ergonomic working environment and ergonomic working practises of employees in nursing. In the final thesis there are presented ergonomic standards for nurses while nursing a patient after a stroke.

Purpose: The purpose of this final thesis was to show ergonomic working practises of nurse with patient after a stroke.

Methods: The final thesis is theoretical in nature and is built on the basis of the study of literature and sources which facts and findings are summarized in whole and described with the help of summarizing foreign results, observations and citations by other authors. In this final thesis were used so-called method of compilation, descriptive method and synthetic method.

Discussion and conclusion: Theoretical final thesis serves to inform nurses about the correct ergonomic approaches to the patient after a stroke. Also presented are the risks of injury at work, which can be prevented with use of knowledge and ergonomic working methods with patient after a stroke. Nurses, who are familiar with ergonomic working methods, can achieve a lot for their health and well-being of the patient. The final thesis presents an ergonomic working practise with patients after stroke like turning patient after a stroke (dorsal, lateral position), lifting and transfer a patient after a stroke, use of assistive devices for ergonomic working practise in patients after a stroke, ergonomic arrangement of patient rooms and nurses working environment. With ergonomic working practises with patient after a stroke nurses reduce risk of pain and injury at work.

Key words: ergonomics, safe work, nurse, pain, injuries, appropriate lifting, transfer of patients.