

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**CELOSTNA OBRAVNAVA PACIENTOV, ODVISNIH OD
PREPOVEDANIH DROG**

HOLISTIC APPROACH TO TREATING HARD DRUG ADDICTS

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POVZETEK

Uvod: V današnjem času so droge močno razširjene in zelo dostopne. Vplivajo na mišljenje, čustvovanje, vedenje in prikazujejo odnos do življenja. Pacientom, odvisnim od prepovedanih drog, je na voljo več načinov zdravljenja, pri čemer je pomemben člen tudi diplomirana medicinska sestra. Ravno medicinska sestra je tista, ki pacientom, odvisnim od prepovedanih drog, stoji ob strani. Namen diplomskega dela je predstaviti celostno obravnavo pacientov, odvisnih od prepovedanih drog.

Metoda: V diplomskem delu smo uporabili kvalitativno metodo raziskovanja, študijo primera. Podatke smo pridobili s tehniko pol-strukturiranega vodenega intervjuja s tremi ozdravljenimi pacienti, odvisnimi od prepovedanih drog, ki so se zdravili na podoben način in imajo veliko vedenja o odvisnosti od prepovedanih drog. V teoretičnem delu smo uporabili metodo deskripcije s študijem domače in tuje strokovne literature ter internetnih virov. S pomočjo deskriptivne metode dela smo pojave spremljali 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: Med intervjuvanjem treh oseb, ki so ozdravljene od odvisnosti od prepovedanih drog, sta dve osebi bili že v otroštvu v kontaktu z alkoholom. Ena od dveh oseb je bila priča tudi nasilju v družini. K razvoju odvisnosti je pripomogla tudi mladostniška radovednost ter želja po umiku pred problemi. Osebe, ki smo jih intervjuvali, so že v zgodnjih letih pričele z uživanjem alkohola ter nikotina. Stopnjevalo se je z uživanjem marihuane ter trših drog vse do razvoja odvisnosti. Na podlagi analize besedila intervjujev smo oblikovali eno glavno kategorijo (odvisnost od prepovedanih drog), iz katere smo izpeljali pet podkategorij (odnosi v družini, najstniška radovednost, umik od problemov, bolezni, zdravljenje) in pet kod (pripadnost, komuna, medicinska sestra, ozdravljenje, življenje).

Razprava in sklep: Odvisnost je kronična bolezen, vendar to ne pomeni, da je neozdravljiva. Na poti do ozdravitve je potrebna osebna in socialna podpora, močna volja, ustrezno zdravljenje in spremljanje. Osebe, ozdravljene od prepovedanih drog, si lahko po uspešnem zdravljenju ustvarijo normalno življenje ter se zaposlijo.

Ključne besede: odvisnost, zdravljenje odvisnosti, droge, medicinska sestra, multidisciplinarni tim, komuna, centri za preprečevanje in zdravljenje odvisnosti.

SUMMARY

Introduction: At the present time, drugs are widespread and widely available. They affect our perception, emotions, behaviour and reflect our attitude toward life. Drug addicted patients can take part in different treatment methods where a supervising nurse plays an important role. It is the nurse who stands by his or hers drug addicted patients' side. The purpose of this thesis is to introduce a holistic approach to treating illicit drug-addicted patients.

Method: Using a case study, the thesis uses a qualitative research method. The data has been obtained through a semi-structured interview with three recovered drug addicts who have taken part in similar recovering processes and have an in-depth knowledge on illicit drug addiction. In the theoretical part, a descriptive approach has been used to examine Slovenian as well as foreign specialised literature and internet sources. Using the descriptive method, the situation has been described from an external observer's perspective. The obtained data have later been interpreted and analysed seeking a cause and effect relationship by using the causal non-experimental method.

Results: Interviewing three recovered drug addicts, two of them were already in contact with alcohol in their childhood. One of them witnessed domestic violence. Youngsters' curiosity and running away from problems also contributed to drug addiction. The interviewed participants started drinking and smoking in their early youth. Later, substance abuse progressed to the use of marijuana and hard drugs all the way to the development of drug addiction.

Analysing the interviews, a main category (illicit drug addiction) has been determined divided into five subcategories (family relations, teenage curiosity, running away from problems, disease, treatment) and 5 keywords (allegiance, therapeutic community, nurse, recovery, life).

Discussion and conclusion: Drug addiction is a chronic disease, yet it is not incurable. On the road to recovery, special personal and social support, a strong will, appropriate medical treatment and monitoring are necessary. After successfully completing treatment, recovered drug addicts can live a normal life and (re-)enter working life.

Keywords: addiction, addiction treatment, drugs, nurse, multidisciplinary team, therapeutic community, drug addiction prevention and recovery centres