

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**VLOGA MEDICINSKIH SESTER PRI SPODBUJANJU DOJENJA
NEKOČ IN DANES NA CELJSKEM**

**THE ROLE OF NURSES IN PROMOTING BREAST FEEDING
FORMERLY AND TODAY IN THE CELJE REGION**

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

CELJE, 2013

IZVLEČEK

Uvod: Izključno dojenje je najboljša možna popotnica za uspešno rast, razvoj in zdravje otroka. Zdravstvena nega in zdravstvena vzgoja v slovenskem prostoru imata svoje korenine ravno v skrbi za dobro otrok in mater.

Namen: Namen diplomskega dela je kronološka predstavitev oblikovanja odnosa do dojenja, predstavitev vloge, ki so jo imele oziroma jo imajo medicinske sestre pri spodbujanju dojenja od preloma stoletja do danes, ter ugotavljanje zadovoljstva treh različnih generacijskih skupin mater s pomočjo in spodbujanjem dojenja medicinskih sester.

Metode dela: Teoretični del diplomske naloge je nastal na osnovi študija literature. Za izdelavo empiričnega dela je bila uporabljena metoda izpolnjevanja treh različnih anketnih vprašalnikov ter metoda neposrednega zbiranja podatkov pri pogovorih z upokoženimi medicinskimi sestrami.

Rezultati: Medicinske sestre so imele vedno pomembno in opazno vlogo pri spodbujanju dojenja. V določeni meri so na njihovo svetovanje vplivale tudi njihove lastne izkušnje z dojenjem. Njihovi nasveti so na trajanje izključnega dojenja najmanj pomembno vplivali pri najmlajši generaciji mater.

Razprava in sklep: Tudi danes si mame želijo in potrebujejo več praktične pomoči pri dojenju. Ena izmed najpomembnejših nalog medicinskih sester je pomagati graditi zaupanje in samozavest doječih mater in s tem pomembno vplivati na trajanje izključnega dojenja v skladu s sodobnimi smernicami.

Ključne besede: dojenje, zgodovina dojenja, medicinske sestre, spodbujanje dojenja.

ABSTRACT

Introduction: Exclusive breastfeeding is the best possible legacy for successful growth, development and health of the child. Health Care and Health Education in the Slovenia have their roots in caring for the children and mothers.

Purpose: The purpose of this thesis is to provide a chronological presentation of the developing attitudes to breastfeeding, and an introduction to the role played by the nurses in promoting breastfeeding since the turn of the century to the present. It also measures the satisfaction experienced by three different generational groups of mothers with breastfeeding support and the promotion of breastfeeding by nurses.

Methods: The theoretical part of the thesis is developed through the study of the existing literature. To produce an empirical methodology three different questionnaires were used as well as interviews with retired nurses.

Results: Nurses have always played an important and significant role in promoting breastfeeding. To some extent nurses are influenced by their advice and their own experiences with breastfeeding. Their advice on the duration of exclusive breastfeeding has little impact on the youngest generation of mothers.

Discussion and conclusion: Even today young mothers want and need more practical help with breastfeeding. One of the most important tasks of nurses is to help build trust and confidence of breastfeeding women and thus significantly affect the duration of exclusive breastfeeding, in accordance with current guidelines.

Keywords: breastfeeding, history of breastfeeding, nurses, promotion of breastfeeding.