

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**CELOSTNA OBRAVNAVA BOLNIKOV, ZDRAVLJENIH Z  
RADIKALNO RETROPUBIČNO ALI ROBOTSKO ASISTIRANO  
RADIKALNO PROSTATEKTOMIJO**

**HOLISTIC APPROACH TO PATIENTS TREATED WITH RADICAL OR  
ROBOTIC-ASSISTED RADICAL PROSTATECTOMY**

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## IZVLEČEK

**Uvod:** v diplomskem delu smo opisali celostno obravnavo bolnika, pri katerem je bil diagnosticiran rak prostate s posledično kirurško odstranitvijo le-te. Opisali smo vlogo in delo ambulantne medicinske sestre, koordinatorja primera, medicinske sestre na oddelku in operacijske medicinske sestre. Prikazali smo delovanje tima in interakcijo med vključenimi v interdisciplinarni tim. Delovanje Urološkega tima Splošne bolnišnice Celje smo prikazali skozi dva operativna posega: radikalno retropubično prostatektomijo (v nadaljevanju RRP) in robotsko asistirano radikalno retropubično prostatektomijo (v nadaljevanju RARP).

**Namen:** namen diplomskega dela je ugotoviti, ali operativna metoda (klasična ali robotska) vpliva na zadovoljstvo bolnikov s celostno obravnavo pred posegom in po njem.

**Raziskovalna metodologija:** raziskava je temeljila na kvantitativni metodologiji. Podatke smo pridobili s pomočjo vprašalnika zaprtega tipa. Raziskovalni vzorec je zajemal 50 bolnikov, pri katerih je bila opravljena RRP ali RARP. Dobljene podatke smo vizualizirali s pomočjo računalniških programov Microsoft Excel in SPSS, s katerim smo izvedli tudi statistično analizo.

**Rezultati:** analiza podatkov je pokazala, da so bolniki, zdravljeni z manj invazivno metodo (RARP), enako zadovoljni z zdravstveno nego kot bolniki, zdravljeni z RRP. Višja je stopnja informiranosti bolnikov o njihovi bolezni in poteku zdravljenja. Analiza podatkov, pridobljenih iz vprašalnikov, je pokazala, da je kakovost življenja in stopnja popolne rehabilitacije bolnikov, zdravljenih z RARP, po operativnem posegu na občutno višji ravni kot pri bolnikih z opravljeno RRP.

**Razprava in sklep:** analiza podatkov je pokazala, da izbira manj invazivne metode (RARP) zdravljenja enake bolezni, v enakem časovnem obdobju, v enakih okoliščinah ne vpliva na višjo stopnjo zadovoljstva bolnikov z zdravstveno oskrbo, katere so bili deležni, ta relativno nova metoda pa ima vpliv na večjo informiranost primerjanih bolnikov o operativnem zdravljenju ter na višjo stopnjo kakovosti življenja bolnikov po opravljenem operativnem posegu.

**Ključne besede:** zdravstvena nega, robotsko asistirana radikalna prostatektomija, radikalna prostatektomija, urologija, celostna obravnava.

## **ABSTRACT**

**Introduction:** The thesis provides a description of a holistic treatment of a patient diagnosed with prostate cancer resulting in surgical removal of the prostate. It also describes the role and work of the nurse in the clinic, the case coordinator, the nurse at the department and the operating room nurse. In addition, it demonstrates the functioning of the team and the interaction among those involved in the interdisciplinary team. The functioning of the Urology Team of the General Hospital Celje is demonstrated through two operations: radical retropubic prostatectomy (RRP) and robotic-assisted radical retropubic prostatectomy (RARP).

**Aim:** The aim of the thesis is to establish whether the operative method (either classic or robotic-assisted) influences the satisfaction of patients treated holistically before and after the procedure.

**Methodology:** The research was based on a quantitative methodology. The data was obtained with a close-ended questionnaire distributed to a sample of 50 patients who had undergone either a RRP or a RARP. Softwares Microsoft Excel and SPSS was used for both the visualisation of the data and for the statistical analysis.

**Results:** The analysis of the data suggests that those patients who have undergone the less invasive RARP procedure were equally satisfied with health care than the patients treated with RRP. They were better informed about their disease and the course of treatment. The results of the questionnaire show that the quality of life and the level of rehabilitation following RARP are significantly better than in patients treated with RRP.

**Discussion and conclusion:** The analysis of the data implies that the less invasive RARP procedure used for treating the same disease during the same amount of time and in similar circumstances has no influence on the level of the patients' satisfaction with the health care they received. However, this relatively new method provided the patients with more information and enabled them a better quality of life after the procedure.

**Keywords:** health care, robotic-assisted radical retropubic prostatectomy, radical retropubic prostatectomy, urology, holistic approach.