

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**ZDRAVSTVENA NEGA STAROSTNIKA Z DEMENCO V SOCIALNO
VARSTVENEM ZAVODU**

**NURSING CARE OF ELDERLY PEOPLE WITH DEMENTIA IN A
SOCIAL CARE INSTITUTION**

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IZVLEČEK

Uvod: V sodobnem času se število starostnikov z demenco povečuje, s tem pa tudi potreba po institucionalnem varstvu. Zdravstvena nega starostnika z demenco tako predstavlja pomembno področje dela v socialno varstvenem zavodu. Namen diplomskega dela je predstaviti celostno zdravstveno nego starostnika z demenco v socialno varstvenem zavodu.

Metode dela: Raziskava je temeljila na kvantitativni metodi dela. Uporabili smo deskriptivno metodo dela in tehniko anketiranja. Uporabili smo neslučajni, priročni vzorec. Vanj smo zajeli 50 zaposlenih v zdravstveni negi in oskrbi Doma Nine Pokorn Grmovje, realizacija vzorca je bila 92–odstotna.

Rezultati: Ugotovili smo, da so vsi sodelujoči v raziskavi enotnega mnenja, da potrebujejo sodobna znanja za celostno oskrbo starostnika z demenco. Rezultati kažejo, da 26 (52 %) vprašanih navaja, da so dovolj usposobljeni za svoje delo, ostali pa so mnenja, da jim za to delo občasno primanjkuje znanja ali izkušenj. Z raziskavo smo dokazali, da se 28 (56 %) vprašanih ob pojavu težav in dilem pri obravnavi starostnika z demenco obrne na izkušenega sodelavca. Vsi anketirani menijo, da pomanjkanje kadra vpliva na kakovostno izvajanje zdravstvene nege starostnika z demenco.

Razprava in sklep: Zdravstvena nega starostnika z demenco je zelo pomembno področje dela v socialno varstvenem zavodu. Zaposleni v zdravstveni negi in oskrbi Doma Nine Pokorn Grmovje se zavedajo pomembnosti poznavanja demence, saj je kakovostna zdravstvena nega odvisna od njihovega dobrega teoretičnega in praktičnega znanja. Najpogostejši vzroki za pojav težav in dilem pri delu so pomanjkanje kadra, preobremenjenost zaposlenih ter pomanjkanje časa. V prihodnje bi bilo smiselno povečati kadrovske normative, zmanjšati preobremenjenost zaposlenih in nadgraditi znanje vseh, ki delajo s starostnikom z demenco.

Ključne besede: staranje, kakovostna zdravstvena nega, starostnik z demenco, socialno varstveni zavod.

ABSTRACT

Introduction: Number of elderly people suffering from dementia is increasing and so is the need for institutional care. Nursing care for elderly people with dementia, therefore, represents an important part of work in a social care institution. The purpose of the thesis is to represent the integrated nursing care for elderly people with dementia in a social care institution.

Method: The research was based on an quantitative method. We used descriptive method and survey method with non-random convenience sample. There were 50 nursing care providers working at Dom Nine Pokorn Grmovje included in the survey. The sample realization was 92 %.

Results: We have established that all participants of the research agree they need contemporary knowledge in order to provide integral nursing care for an elderly person with dementia. The results have shown that 26 (52 %) of survey participants feel confident in caring for elderly people with dementia, however, the rest of them think they, in some situations, do not have enough knowledge and experience. The research has proved that 28 (56 %) of survey participants turn to an experienced colleague when facing a problem or dilemma. All participants believe lack of staff affects the quality of nursing care delivery.

Discussion and conclusion: Nursing care for an elderly person with dementia is an important part of work in a social care institution. Nursing care employees at Dom Nine Pokorn Grmovje are aware of the importance of good theoretical as well as practical knowledge enabling them to provide a quality nursing care. The main reasons for problems among employees are lack of staff, stress and lack of time. In future, it would be appropriate to improve employment standards, reduce stress among employees and upgrade their knowledge.

Key words: ageing, quality nursing care, elderly people with dementia, social care institution.