

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**PREHRANJEVALNE NAVADE PACIENTOV S KRONIČNO LEDVIČNO
BOLEZNIJO**

EATING HABITS OF PATIENTS WITH CHRONIC KIDNEY DISEASE

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POVZETEK

Uvod: O kronični ledvični bolezni govorimo, ko začne delovanje ledvic počasi pešati. Ko se funkcija ledvic pacienta spremeni, ima pri zdravljenju zelo pomembno vlogo prehrana, ki zahteva prilagojen – dietni režim prehranjevanja. Prehranjevanje med boleznijo postane pomemben del terapije, saj dietno prehranjevanje vpliva na kakovost pacientovega življenja. Z raziskavo smo želeli ugotoviti, kakšne so prehranjevalne navade pacientov s kronično ledvično boleznijo, kako prehrana vpliva na kakovost njihovega življenja in v kakšni meri pacienti s kronično ledvično boleznijo upoštevajo smernice za pravilno prehranjevanje.

Metoda: Uporabili smo kvalitativno metodo raziskovanja, metodo utemeljene teorije. Instrument raziskave je bil polstrukturiran intervju s 14 vprašanji. Vprašanja za intervju smo oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, namenski vzorec. V intervjuju je sodelovalo šest pacientov s kroničnim ledvičnim obolenjem, ki se zdravijo s hemodializo in izpolnjujejo vnaprej postavljene kriterije: so starejši od 30 let, ne stanujejo v domu starejših občanov in nimajo sladkorne bolezni. Vsi intervjuvani so podali informirano soglasje k sodelovanju v raziskavi.

Rezultati: Na podlagi kvalitativne analize besedila smo ugotovili, da se je življenje intervjuvanim pacientom, odkar so zboleli zaradi kronične ledvične bolezni, spremenilo. Iz izkušenj pacientov izhaja, da prehranjevalne navade pomembno vplivajo na potek kronične ledvične bolezni. Vsi pacienti se strinjajo, da lahko z upoštevanjem dietnih priporočil odložijo zdravljenje s hemodializo, kar vpliva na kakovost njihovega življenja. Štirje od šestih pacientov so imeli zaradi neupoštevanja dietnih priporočil zdravstvene težave zaradi povišanega kalija v krvi, dva od šestih pacientov pa sta navedla zdravstvene težave zaradi zvišane vrednosti fosforja v krvi.

Razprava in sklep: Prehranjevalne navade in upoštevanje dietnih priporočil pomembno vplivajo na potek kronične ledvične bolezni, pomenijo odlog zdravljenja s hemodializo in manj zdravstvenih težav in zapletov pri pacientu. Medicinska sestra z zdravstveno vzgojnim delom pomembno prispeva k informiranosti in motiviranosti pacientov o dietnem načinu prehranjevanja. Njena vloga na področju dietnega svetovanja, promocije zdravja in kakovosti življenja se bo morala v prihodnje še okrepiti. Pomembno je kontinuirano izobraževanje in izpopolnjevanje medicinske sestre v specialnih znanjih s področja dietetike in zdravstveno-vzgojnega dela, kar bo pripomoglo k večjemu zadovoljstvu in kakovosti življenja pacienta.

Ključne besede: prehranjevalne navade, kakovost življenja, kronična ledvična bolezen, zdravstveno vzgojno delo, medicinska sestra.

SUMMARY

Introduction: When the kidney's basic functions slowly start to decline, we can address such a condition as a chronic kidney illness. As the patient's basic kidney functions are modified, nutrition becomes of great value for the patient, leading to an adjusted dieting regime. Nutrition becomes a very important part of the therapy because the dieting regime affects the patient's life quality. Conducting this research, we tried to discover how the patients with chronic kidney illnesses take care of their nutrition, meaning: how the food they eat affects their life quality, how these patients take specific required nutrition measurements into account and how their food habits are developed in general.

Methods: We used the qualitative research method, called the founded theory method. The instrument we used in our research was a semi-structured interview consisting of 14 questions. The questions for the interview were based on the literature review. Furthermore, we used purposive sampling. Six patients with chronic kidney illnesses, who have been conducting treatments like haemodialysis, are older than 30 years, do not live in an elderly home and have not been diagnosed with diabetes, have participated in the mentioned interview.

Results: Based on the qualitative text analysis, we have discovered that these patient's lives have changed significantly. From their experiences, we can determine that their eating habits have an important impact on the development of their illnesses. All patients have agreed that by following the specific eating regime, the treatment by haemodialysis can be postponed which improves the patients' life quality. Four in six patients reported health problems because of raised amounts of potassium in their blood, also two in six patients reported health problems because of raised amounts of phosphorus in their blood, all due to non-acceptable eating regimes.

Discussion and conclusion: Certain eating habits and following specific eating requirements have a great impact on the development of the chronic kidney illness. Furthermore, they postpone the required treatments by haemodialysis and result in less health problems and complications. A nurse significantly contributes to better understanding of specific food regimes and greater motivation of these patients by combining health and educational practices. Her role as a diet consultant, health and life quality promotor will have to be reinforced in the near future. It is important to continually educate and improve the nurses' specific knowledge, based on dietetics', health and educational practices. This will, consequently, improve the patient's life quality and contribute to his/her overall well-being.

Key words: eating habits, quality of life, chronic kidney illness, health education, nurse.