

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**OZAVEŠČENOST MEDICINSKIH SESTER O  
ANTIKOAGULACIJSKEM ZDRAVLJENJU**

**AWARENESS OF NURSES ABOUT ANTICOAGULANT THERAPY**

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## POVZETEK

**Uvod:** Antikoagulacijsko zdravljenje je temeljno zdravljenje, s katerim preprečujemo tromboembolične dogodke, zgodnje ponovitve venske tromboze, pljučno embolijo, ishemično možgansko kap in embolijo v druge arterije pri atrijski fibrilaciji. Z raziskavo smo želeli predstaviti ozaveščenost medicinskih sester o antikoagulacijskem zdravljenju.

**Metoda:** Za raziskavo smo uporabili kvantitativni raziskovalni pristop, uporabljena je bila metoda deskripcije. Podatke smo pridobili s tehniko anketiranja. Za merski inštrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda domače in tuje strokovne literature. Uporabili smo neslučajnostni namenski vzorec, v katerega smo vključili 51 anketirancev, zaposlenih v Splošni bolnišnici Trbovlje. Pravilno je bilo izpolnjenih in vrnjenih 42 anket, kar predstavlja 80,5 % realizacijo. Podatki so bili analizirani v programu Excel.

**Rezultati:** 39 anketirancev pravi, da med nova antikoagulacijska zdravila uvrščamo Pradaxo, 38 jih meni, da Xarelto, in 20 Eliquis. 33 vidi prednosti novih antikoagulacijskih zdravil, da zdravljenja ni potrebno nadzorovati z merjenjem časa strjevanja INR. 18 jih meni, da vitamin K ne vpliva na njihovo delovanje. 42 vprašanih odgovarja, da so najpogostejši zaplet antikoagulacijskega zdravljenja krvavitve. 35 jih meni, da naj pacient obišče antikoagulacijsko ambulanto 5 dni pred posegom. 42 anketirancev meni, da mora pacient takoj obiskati urgentno ambulanto, če med uriniranjem opazi hematurijo. 39 jih meni, da je atrijska fibrilacija indikacija za uvedbo Pradaxe. 39 jih odgovarja, da je indikacija za uvedbo Marevana globoka venska tromboza. 37 anketirancev meni, da pacient, ki prejema Marevan, lahko zaužije določeno količino vitamina K po dogovoru z zdravnikom v antikoagulacijski ambulanti. 17 vprašanih odgovarja, da antibiotiki lahko povečajo učinek Marevana, in 33 jih je mnenja, da prevelika količina vitamina K izniči delovanje zdravila.

**Razprava in sklep:** Analiza rezultatov raziskave je pokazala, da anketiranci poznajo antikoagulacijska zdravila in indikacije za uvedbo antikoagulacijskega zdravljenja. Odlično poznajo zaplete antikoagulacijskega zdravljenja, manj so jim poznana nova antikoagulacijska zdravila in njihove prednosti. V prihodnosti bi bilo potrebno organizirati predavanje na temo nova antikoagulacijska zdravila, ki bi bilo obvezno za medicinske sestre.

**Ključne besede:** antikoagulacijsko zdravljenje, antikoagulacijska zdravila, pacient, medicinska sestra, zapleti antikoagulacijskega zdravljenja.

## SUMMARY

**Introduction:** Anticoagulant therapy is the fundamental therapy used to prevent thromboembolic events caused by blood clots, early recurrent venous thromboembolism, pulmonary embolism, ischemic stroke and arterial embolism in case of atrial fibrillation. The aim of the research was to evaluate the awareness of anticoagulant therapy among nurses.

**Methodology:** The research was based on a quantitative approach and a descriptive research method was used. Data was collected by survey method. The questionnaire used as a measuring instrument was set up on the basis of the review of Slovenian and foreign specialized literature. A non-random purposive sampling method was conducted on 51 individuals working in the General Hospital of Trbovlje. The number of correctly filled-in and returned surveys was 42, which represents 80.5% response rate. Data analysis was carried out in Excel.

**Outcomes:** 39 of people listed Pradaxa, 38 Xarelto and 20 Eliquis among the new anticoagulant medicines. 33 observed that the advantage of the new anticoagulant medicines is that it is no longer necessary to monitor the prothrombin time INR. 18 believe that the vitamin K does not affect the action of the new anticoagulant medicines. 42 answered that the most frequent complication related to anticoagulant therapy is haemorrhage. 35 believe that the patient should visit an anticoagulant clinic 5 days prior to the procedure. 42 believe that in the event of hematuria, the patient should immediately get to the emergency department. 39 believe that Pradaxa is indicated for the treatment of atrial fibrillation. 39 answered that Marevan is indicated for deep vein thrombosis. 37 of people asked said that patients receiving Marevan can take a specific amount of vitamin K after consulting it with physician in an anticoagulant clinic. 17 of the people asked responded that antibiotics can increase the effect of Marevan and 33 believe that an excess amount of vitamin K counteracts the effect of the medicine.

**Discussion and conclusion:** The analysis of the research revealed that the persons that took part in the survey were familiar with anticoagulant medicines and related indications. They know the complications related to anticoagulant therapy very well. However, they are less familiar with new anticoagulant medicines and their advantages. It would be necessary to organise a seminar on new coagulation medicines with obligatory attendance for nurses.

**Key words:** anticoagulant therapy, anticoagulant medicines, patient, nurse, complication of anticoagulant therapy.