

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**ZDRAVSTVENO VZGOJNO DELO MEDICINSKE SESTRE PRI  
PACIENTKAH Z GESTACIJSKIM DIABETESOM**

**THE ROLE OF A NURSE IN HEALTH AND EDUCATION FOR  
PATIENTS WITH GESTATIONAL DIABETES**

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## POVZETEK

**Uvod:** Gestacijski diabetes se pojavi med nosečnostjo in po porodu izzveni. Pri zdravstveni negi teh pacientk je najpomembnejše zdravstveno vzgojno svetovanje, cilj tega pa je preprečevanje napredovanja bolezni, ohranjanje in izboljšanje kakovosti življenja matere in otroka. Namen raziskave je ugotoviti, ali pacientke z gestacijskim diabetesom upoštevajo navodila medicinske sestre in njihovo zadovoljstvo z zdravstveno vzgojnim delom v diabetološki ambulanti.

**Metode dela:** Raziskava je temeljila na kvantitativnem raziskovalnem pristopu, uporabili smo deskriptivno metodo. Kot instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature. Uporabili smo neslučajni namenski vzorec, v katerega je bilo vključenih 40 anketirank, vrnjenih je bilo 37 vprašalnikov, kar predstavlja 92,5 %, pravilno izpolnjenih vprašalnikov pa je bilo 28, kar pomeni 70 % realizacijo vzorca. Podatki, pridobljeni z raziskavo, so bili analizirani, obdelani in prikazani s pomočjo računalniških programov Microsoft Word in Microsoft Excel.

**Rezultati:** Raziskava je pokazala, da so pacientke upoštevale navodila, nasvete in priporočila medicinske sestre v diabetološki ambulanti, kar je razvidno iz urejenosti gestacijskega diabetesa le z merjeno prehrano (35 anketirank – 95 %), rednim merjenjem krvnega sladkorja pred in po obrokih (35 anketirank – 95 %) in uporabi insulina (2 – 5 %). Anketiranke so zadovoljne s pridobljenimi informacijami o zdravstveno vzgojnem delu v diabetološki ambulanti, to nam navajajo naslednji rezultati: pridobitev informacij o merjeni prehrani – 31 (84 %), izvajanju telesne aktivnosti – 30 (81 %), merjenju ketonov v urinu – 30 (81 %), merjenju krvnega sladkorja – 34 (92 %), in aplikaciji insulina – 18 (49 %). 35 anketirank (95 %) je bilo z zdravstveno vzgojnim delom medicinske sestre v diabetološki ambulanti zadovoljnih. Rezultati se nanašajo na 37 vrnjenih anket.

**Razprava in sklep:** Z raziskavo ugotavljamo, da so pacientke dobro poučene o poteku bolezni in obvladovanju le-te. Medicinska sestra kot član širšega zdravstvenega tima ima pomembno vlogo pri zagotavljanju celovite oskrbe pacientke z gestacijskim diabetesom, saj z zdravstveno vzgojnim svetovanjem spodbuja in vodi pacientke k bolj zdravemu načinu življenja. Izboljšave za prihodnost vidimo v promociji, ozaveščanju in zdravstveno vzgojnem delu medicinske sestre o zdravem načinu življenja, ne samo v diabetološki ambulanti, ampak tudi izven nje.

**Ključne besede:** sladkorna bolezen v nosečnosti, merjena prehrana, dieta, telesna vadba, zdravstvena vzgoja.

## SUMMARY

**Introduction:** Gestational diabetes occurs during pregnancy and dies off after birth. Health educational counselling - the goal of which is the prevention of disease progression and maintaining and improving mother's and child's quality of life - is critical in health care of these patients. The purpose of the survey is to establish whether patients with gestational diabetes follow nurses' instructions, and to assess their satisfaction with health educational work at the diabetes clinic.

**Methods:** The survey was based on a quantitative research method; we used a descriptive method. A questionnaire that was designed based on the literature overview was used as the instrument. We used a non-incidental dedicated sample, which included 40 respondents. 37, or 92.5%, of the questionnaires were returned, and 28 questionnaires were duly completed, which equals 70% sample realization. The data obtained with this research was analyzed, processed, and represented using Microsoft Word and Microsoft Excel computer programs.

**Results:** The survey revealed that the patients followed instructions, advice, and recommendations of the nurse at the diabetes clinic, which is evident from the regulated gestational diabetes only with measured diet 35 (95%), regular blood sugar measurements before and after the meals 35 (95%), and use of insulin 2 (5%). The respondents are satisfied with the obtained information on health educational work at the diabetes clinic. That is stated by the following results: obtaining information on a measured diet 31 (84%), implementation of physical activity 30 (81%), measuring urine ketones 30 (81%), measuring blood sugar 34 (92%), and insulin application 18 (49%). 35 (95%) of the respondents were satisfied with the health educational work of the nurse at the diabetes clinic. The results apply to 37 returned questionnaires.

**Discussion and conclusion:** The survey reveals that the patients are well-informed about the course of the disease as well as its management. A nurse, as a member of a wider medical team, has an important role in ensuring comprehensive care of a patient with gestational diabetes, since they encourage and guide the patients toward a healthier lifestyle using health educational counselling. I see future improvements in promotion, raising awareness, and the health educational work of a nurse, not only at the diabetes clinic but also outside of it.

**Keywords:** diabetes during pregnancy, measured diet, diet, physical activity, health education