

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**POŠKODBE Z OSTRIMI PREDMETI PRI ZAPOSLENIH V  
ZDRAVSTVENI NEGI**

**SHARP OBJECT INJURIES AMONG EMPLOYEES IN NURSING**

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## IZVLEČEK

**Uvod:** V zdravstveni negi je osebje izpostavljeno različnim poškodbam pri delu. V diplomskem delu smo raziskovali problem poškodb pri rokovanju z ostrimi predmeti. Poznavanje dejavnikov tveganja, preventivne aktivnosti in pravila, ki jih morajo delavci upoštevati, pripomorejo k manjšemu številu poškodb in omogočajo uspešno opravljanje dela brez škode za njegovo zdravje od začetka do konca delovne dobe.

**Namen:** Osnovni namen diplomskega dela je predstaviti problematiko poškodb z ostrimi predmeti pri delavcih v zdravstveni negi.

**Metode dela:** Uporabili smo deskriptivno in deduktivno metodo dela ter metodo analize dokumentov. Za pridobitev želenih podatkov smo uporabili anonimen anketni vprašalnik. Sodelovalo je 75 medicinskih sester in zdravstvenih tehnikov Splošne bolnišnice Celje, in sicer iz Oddelka intenzivne interne medicine, Intenzivne terapije operativnih strok, Enote internistične prve pomoči, Enote kirurške prve pomoči in Travmatološkega oddelka. Raziskava je potekala v februarju 2013.

**Rezultati:** Ugotovili smo, da se je kar 60 % delavcev v zdravstveni negi pri svojem delu že poškodovalo z ostrim predmetom. Najpogostejši (61 %) je bil vbod z iglo. Večina poškodb je bila površinskih (74 %) in srednje globokih (24 %), vzrok zanje pa lastna nepazljivost pri delu (66 %) in nepazljivost sodelavca (16 %). Raziskava je pokazala, da delavci v zdravstveni negi premalo upoštevajo pomen osebnih zaščitnih sredstev, saj kar 44 % poškodovanih ni uporabljajo zaščitnih rokavic med postopkom oziroma posegom, pri katerem je prišlo do poškodbe. Ugotovili smo, da anketiranci večinoma vedo, da ima ustanova predpisan postopek ob incidentu (93 %), vendar pa ga je le 58 % anketirancev po poškodbi z ostrim predmetom upoštevalo. Službi zdravstvene nege je incident prijavilo 47 % anketirancev. Ugotovili smo, da so bolj ogroženi delavci z manj delovne dobe, saj se je najvišji delež poškodb v zadnjih dvanajstih mesecih zgodil anketirancem z manj kot 5 let delovne dobe, in sicer kar 89 %.

**Razprava in sklep:** Rezultati kažejo, da je poškodb z ostrimi predmeti v zdravstveni negi mnogo več, kot jih delavci prijavijo. Kontinuirano izobraževanje in usposabljanje novo zaposlenih kot izkušenih delavcev o varnih tehnikah dela, osveščanje o pomenu pravilnega ravnanja ob incidentu in prijavljanje incidentov pripomorejo k zmanjšanju števila poškodb z ostrimi predmeti pri delu v zdravstveni negi.

**Ključne besede:** poškodba pri delu, ostrí predmet, okužba, zdravstvena nega.

## **ABSTRACT**

**Introduction:** Staff working in nursing is exposed to various injuries at work. The thesis explores sharp object injuries. The staff must be aware of the risk factors, preventive measures and certain rules in order to prevent injuries as well as to perform their work without negative effects on their health from the beginning to the end of their career.

**Purpose:** The main purpose of the thesis is to present the issue of sharp object injuries among people working in nursing.

**Work methods:** We applied a descriptive and deductive work method and the method of document analysis. We developed an anonymous survey questionnaire and distributed it among 75 state enrolled nurses and medical technicians working in the General Hospital Celje, more precisely in the following departments: department of intensive internal medicine, department of anaesthetics and surgical intensive care, medical emergency unit, surgical emergency unit, department of traumatology. The research was conducted in February 2013.

**Results:** We established that 60% of staff in nursing has already sustained sharp object injuries. Needle stick injuries are the most frequent at 61%. A total of 74% of the injuries were superficial and 24% of moderate depth, with the main reasons being one's own negligence or negligence of a colleague at 66% and 16%, respectively. In addition, the research suggests that staff in nursing do not pay sufficient attention to the means of personal protection – 44% of injured staff did not wear gloves during the procedure which resulted in an injury. We also ascertained that 93% of the respondents are aware of the procedure prescribed by the institution in case of an injury, but only 58% of them followed it after sustaining a sharp object injury. 47% of the respondents reported the incident to the relevant service. The results also suggest that staff with a shorter job tenure is more at risk: in the past 12 years, 89% of the injuries occurred to respondents with a job tenure of less than 5 years.

**Discussion and conclusion:** Results indicate that the number of sharp object injuries in nursing is higher than the number of reported incidents. Continuing education and training of both new and experienced staff about safe methods and techniques and education about the significance of taking appropriate measures and reporting an incident can help reduce the number of sharp object injuries in nursing.

**Keywords:** injury at work, sharp objects, infection, nursing.