

VISOKA ZDRAVSTVENA ŠOLA V CELJEU

DIPLOMSKO DELO

**CELOSTNA OBRAVNAVA PACIENTOV S SRČNIM POPUŠČANJEM
PO PRESADITVI KRVOTVORNIH MATIČNIH CELIC**

**INTEGRATED MANAGEMENT OF PATIENTS WITH HEART FAILURE
AFTER HEMA TOPOIETIC STEM CELL TRANSPLANTATION**

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POVZETEK

Uvod: Srčno popuščanje je resen sindrom, kjer srce ne črpa dovolj krvi za potrebe telesa. Pacienti z napredovalim srčnim popuščanjem so zelo slabo telesno zmogljivi, zadihajo se že po kratkotrajni hoji po ravnem, hoje po stopnicah pogosto ne zmorejo več, kar močno vpliva na njihovo kakovost življenja. Bolezen je napredovala do te mere, da jo zdravniki samo z zdravili ne morejo več učinkovito zdraviti. Paciente z napredovalim srčnim popuščanjem zdravijo z novimi metodami, med njimi je zdravljenje s presaditvijo krvotvornih matičnih celic. Pri zdravstveni negi pacienta po presaditvi krvotvornih matičnih celic je najpomembnejši element zdravstveno vzgojno delo. Cilj zdravstvene vzgoje je preprečevanje napredovanja bolezni, predvsem pa izboljšanje kakovosti življenja ter preživetja. Namen diplomskega dela je predstaviti celostno obravnavo pacientov s srčnim popuščanjem po presaditvi krvotvornih matičnih celic.

Metode dela: Raziskava je temeljila na kvalitativnem raziskovalnem pristopu, uporabljena je bila deskriptivna metoda. Primarni viri so bili zbrani s pomočjo pregleda strokovne literature in bibliografske baze podatkov. Predstavili smo študijo pacientke, ki tri mesece po presaditvi krvotvornih matičnih celic prihaja na kontrolo na oddelek za napredovalo srčno popuščanje. Podatke smo pridobili s pomočjo polstrukturiranega intervjuja, tehnike opazovanja ter analize negovalne in zdravstvene dokumentacije. Z intervjujem smo prišli do podatkov, ki jih iz dokumentacije ni možno pridobiti. Podatke smo obdelali in sistematično uporabili za prikaz študije primera po konceptualnem modelu Virginije Henderson.

Rezultati: Raziskava je pokazala, da ima pacientka po presaditvi krvotvornih matičnih celic največ težav pri aktivnostih dihanja, pri odvajanju in izločanju, pri spanju in vzdrževanju normalne telesne temperature. Sklepamo, da je pacientka upoštevala vse zdravstveno vzgojne nasvete, ki vplivajo na izboljšanje zdravstvenega stanja. Najbrž pa je srce še oslabelelo in se matične celice niso dokončno transformirale. Ugotovili smo, da pacientka prepozna poslabšanje bolezni. Znake in simptome dobro prepreči in učinkovito ukrepa. Pacientka je dobro poučena o bolezni, kar posledično vpliva na boljšo kakovost življenja. Pri obravnavi pacienta je glavna naloga medicinske sestre celosten pristop in zdravstveno-vzgojno svetovanje.

Razprava in sklep: Z raziskavo, v katero smo vključili študijo primera pacientke po presaditvi krvotvornih matičnih celic, smo ugotovili, da je pacientka dobro informirana o prepoznavanju znakov ob poslabšanju bolezni in ukrepov, ki jim sledijo. Medicinska sestra in pacientka skupaj ugotavljata, kaj lahko sama pacientka stori za izboljšanje bolezni in izboljšanje kakovosti življenja.

Ključne besede: srčno popuščanje, napredovalo srčno popuščanje, presaditev krvotvornih matičnih celic, zdravstvena nega, zdravstveno - vzgojno delo

ABSTRACT

Introduction: Heart failure is a serious symptom, where the heart is not pumping enough blood for the body's needs. Patients with advanced heart failure have poor physical condition, shortness of breath even after a short walk on levelled surfaces, often they cannot climb stairs, all of which significantly affects the quality of life. With these patients, the condition advanced to the stage, when it can no longer be efficiently treated with medication. New methods are used to treat the condition, one of these is hematopoietic stem cells transplantation. After the hematopoietic stem cells transplantation, the most crucial element of patient's health care is patient education. The goal of patient education is to prevent the advancement of the condition, but most importantly to improve the quality of life and the chances of survival. The purpose of this thesis is to present the integrated management of patients with heart failure after the hematopoietic stem cells transplantation.

Methods of work: The research was based on quantitative research approach, a descriptive method was used. The primary sources were acquired with the help of professional literature and bibliography database. We presented a case study of a patient who had an hematopoietic stem cells transplantation three months ago and is coming for check-ups to the unit dealing with advanced heart failure. We acquired the data through semi-structured interview, observation technique and the analysis of nursing documentation and medical records. By conducting the interview, we acquired the documentation we could not have acquired through the documentation. We processed the data and systematically used Virginia Henderson conceptual model to show the case study.

Results: The research showed that after the hematopoietic stem cells transplantation, the patient has most difficulties with breathing, secretion and excretion, sleeping and maintaining normal body temperature. We believe that the patient abided by all the patient education advice that improve the health condition. Most likely the heart additionally weakened and the stem cells were not completely transformed. We established that the patient can identify the worsening signs of the condition. The patient can suitably prevent and take effective measures against the signs and symptoms of the condition. The patient is well informed of her condition, which consequently affects better quality of life. With patient management, the main task of the nurse is an integrated approach and advising regarding patient education.

Discussion and conclusion: Through research, in which we included a case study of a patient who had a hematopoietic stem cells transplantation, we have established that the patient is well informed regarding identifying the worsening signs of the condition and the measures that need to be implemented. The nurse and the patient work together to determine how the patient herself can improve the condition and improve the quality of life.

Key words: heart failure, advanced heart failure, hematopoietic stem cells transplantation, health care, patient education work.