

VISOKA ZDRAVSTVENA ŠOLA V CELJU

IZKUŠNJE ŽENSK Z ZDRAVLJENJEM RAKA JAJČNIKOV

**EXPERIENCES OF WOMAN WITH THE TREATMENT OF OVARIAN
CANCER**

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POVZETEK

Uvod: Rak jajčnikov je drugi najpogostejši rak ženskih spolnih organov. Ker nima značilnih znakov, ga redko odkrijemo v zgodnjem stadiju. Večina žensk z rakom jajčnika se v obdobju od postavitve diagnoze, zdravljenja in odpusta v domače okolje srečuje z različnimi stresnimi situacijami. Z raziskavo smo želeli ugotoviti, ali so imele ženske znane dejavnike tveganja, kako so doživljale zdravljenje raka jajčnikov in kako je bolezen vplivala na njihovo kakovost življenja.

Metoda: Raziskava je temeljila na kvalitativni metodi raziskovanja ter metodi deskripcije. Uporabili smo pol strukturirani intervju. Vprašanja smo sestavili s pomočjo pregleda domače in tuje literature. V raziskavo smo vključili tri naključno izbrane ženske, ki so se zdravile za rakom jajčnikov.

Rezultati: Pri analizi intervjujev smo prepoznali glavno kategorijo – izkušnje z rakom jajčnikov ter podkategorije: dejavniki tveganja za rak jajčnikov, soočanje z rakom jajčnikov, doživljanje raka jajčnikov in kakovost življenja žensk z rakom jajčnikov. Pri vseh podkategorijah smo prepoznali kode. Glavna spoznanja raziskave so, da je pri vseh intervjuvankah rak deden. Vse so imele težave pred odkritjem, bile so hospitalizirane, hodile na kemoterapije in potrebovale pomoč pri osnovnih življenjskih aktivnostih, rak jajčnikov pa je negativno vplival na njihovo kakovost življenja. Doživljale so ga na različne načine.

Razprava in sklep: Ugotovili smo, da so vse intervjuvanke imele znan dejavnik tveganja za nastanek raka jajčnikov. Pred odkritjem so imele težave, vendar jim niso posvečale večje pozornosti, zato bi bilo potrebno vse ženske pred začetkom spolnega življenja seznaniti z dejavniki tveganj in znaki raka jajčnikov. Tako bi bila bolezen prej odkrita in zdravljenje manj agresivno. Zaradi lažjega soočanja, doživljanja in kakovosti življenja z rakom jajčnikov, bi potrebovale več informacij predvsem od zdravstvenega osebja, potrebno pa bi jih bilo vključevati tudi v društva, kjer so ženske s podobnimi težavami.

Ključne besede: rak jajčnikov, dejavniki tveganja, soočanje žensk, kakovost življenja.

ABSTRACT

Introduction: Ovarian cancer is the second most common cancer of female sex organs. Because it does not have any specific signs, it is rarely detected at an early stage. During the period of diagnosis, treatment and the discharge, most women with ovarian cancer are faced with a variety of stressful situations. With the help of the research, we wanted to find out if women had known risk factors, how they experienced the treatment of the ovarian cancer and how the disease affected their quality of life.

Method: The survey was based on the qualitative research method and the description method. We used the semi-structured interview, compiled the questions with the help of a review of domestic and foreign literature. We included three randomly selected women in the study that were treated for ovarian cancer.

Results: In the analysis of the interviews, we identified the main category – experiences with ovarian cancer, as well as sub-categories: risk factors for ovarian cancer, coping with ovarian cancer, experiencing ovarian cancer and the quality of life of women with ovarian cancer. In all subcategories, we determined codes. The main findings of the study are that for all the interviewed women, the cancer was hereditary. They all had problems prior to the discovery of the cancer, they were hospitalised, went to chemotherapy and needed help with basic life activities. Ovarian cancer had a negative impact on their quality of life. They experienced ovarian cancer in different ways.

Discussion and conclusion: We have found that all the interviewed women had a known risk factor for ovary cancer, they had problems prior to the discovery of the cancer, but they did not pay much attention to them. It would therefore be necessary to inform all women, prior to the beginning of their sexual life, about the risk factors and the signs of ovarian cancer. In this way, the disease would be discovered sooner and the treatment would be less aggressive. In order to cope with and to experience ovarian cancer better and in order to better the life quality of woman with ovarian cancer, these women would need more information, especially from medical personnel. They would need to be included into societies, where women have similar problems.

Keywords: ovarian cancer, risk factors, coping of women, quality of life.