

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**ZDRAVSTVENA NEGA UMIRAJOČEGA BOLNIKA V SPLOŠNI
BOLNIŠNICI CELJE**

**NURSING CARE OF THE DYING PATIENT IN THE GENERAL
HOSPITAL CELJE**

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IZVLEČEK

Uvod: Diplomsko delo prikazuje vlogo medicinske sestre pri umirajočem bolniku v Splošni bolnišnici Celje. V teoretičnem delu predstavlja proces umiranja, potrebe umirajočega, zdravstveno nego umirajočega ter opisuje paliativno oskrbo in paliativno zdravstveno nego. V drugem, empiričnem delu, pa je opisana raziskava, ki je bila izvedena med člani zdravstvene nege v Splošni bolnišnici Celje.

Namen: Namen diplomskega dela je ugotoviti, ali so medicinske sestre v Splošni bolnišnici Celje ustrezno usposobljene za izvajanje paliativne zdravstvene nege bolnikov. Opozoriti želimo na pomen razvijanja lastnega odnosa do smrti in umiranja, saj le tako lahko razumemo, v kakšnem stanju se nahaja umirajoči bolnik. Ne glede na brezhibno upoštevanje navodil, definicij in smernic ter bogatih delovnih izkušenj, se lahko vsaka medicinska sestra znajde v položaju, ko se sooči z različnimi etičnimi dilemami zaradi katerih se lahko izogiba delu z umirajočim bolnikom.

Metode dela: V raziskavi smo uporabili deskriptivno in kvantitativno metodo raziskovanja. Izvedli smo anketo z anketnim vprašalnikom, ki je vseboval 26 vprašanj zaprtega in izbirnega tipa, z možnostjo izbire enega ali več ponujenih odgovorov. V raziskavo smo vključili medicinske sestre, zdravstvene tehnike in diplomirane medicinske sestre, zaposlene v Splošni bolnišnici Celje. Dobljene podatke smo uredili in jih prikazali s stolpčnimi grafikoni s pomočjo programa Microsoft Excel. Uporabljena je bila statistična metoda analize anketnih vprašalnikov.

Rezultati: Izsledki raziskave potrjujejo, da medicinske sestre menijo, da imajo dovolj znanja o zdravstveni negi umirajočih bolnikov, vendar kljub temu čutijo potrebo po pridobivanju več znanja s tega področja. Delo z umirajočim deluje na medicinske sestre stresno. Rezultati so pokazali, da si medicinske sestre znajo pomagati same in ne potrebujejo strokovne pomoči.

Razprava in sklep: Zdravstvena nega umirajočega bolnika ne bo nikoli lahka in ne bo nikoli popolnoma rešila stiske in bolečine, tako telesne kot psihične. Vloga zdravstvene nege je temeljnega pomena pri paliativnem pristopu, katerega temeljni pomen je zmanjšati trpljenje in izboljšati kvaliteto življenja umirajočega bolnika.

Ključne besede: umirajoči bolnik, paliativna zdravstvena nega in oskrba.

ABSTRACT

Introduction: The thesis presents the role of a nurse taking care of a dying patient in the General Hospital Celje. The theoretical part of the thesis presents the process of dying, the needs of the dying, and the; health care of dying and describes palliative care and the palliative health care.

Purpose: The cause of this research is to highlight the importance of developing the attitude towards death and dying, which will allow us to understand the conditions of dying patients. Regardless of complying with directions, definitions, guidelines and rich work experience, any nurse can be faced with various ethical dilemmas; which may lead to avoiding work with dying patients. The empirical part of the thesis is based on the research that was carried out among members the health care in the General Hospital Celje.

Methodology: The research adopted a descriptive and quantitative research method. We conducted a survey using a survey questionnaire; which contained 26 multiple choice and closed questions, with a choice of one or more possible responses. The study included nurses, medical technicians and registered nurses employed at the General Hospital Celje. The obtained data were edited and displayed as bar graphs using Microsoft Excel. The statistical method of analysis of questionnaires was used.

Results: The results of research confirm that nurses possess enough knowledge about nursing of dying patients and that they feel the need to acquire more knowledge in this area. Working as hospice nurses is stressful. The results suggest that nurses are able to help themselves and do not require professional assistance.

Conclusion: Taking care of a dying patient is never easy and it will never completely solve the distress and pain, both physical and mental. The role of nursing is essential in the palliative approach which aims primarily to reduce suffering and improve the quality of life of the dying patient.

Keywords: dying patient, palliative care, palliative health care and nursing.