

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**SAMOMORILNOST PRI STAROSTNIKI IN VLOGA  
ZDRAVSTVENE NEGE**

**SUICIDALITY IN THE ELDERLY AND THE ROLE OF NURSING**

**Študentka: BARBARA STRUNČNIK**

**Mentorica: viš. pred. Duška Drev, viš. med. ses., univ. dipl. org.**

**Študijski program: VISOKOŠOLSKI STROKOVNI ŠTUDIJSKI  
PROGRAM ZDRAVSTVENA NEGA**

**CELJE, 2013**

## IZVLEČEK

**Uvod:** Samomorilnost starostnikov je v slovenskem prostoru velik problem, saj po številu storjenih samomorov starostnikov na leto segamo v sam evropski vrh. Najpogostejši vzrok za samomorilnost starostnikov je depresija. Starostniki pa se spopadajo še z osamljenostjo in telesnimi boleznimi, ki jih v starosti ni malo. Najpomembnejše je prepoznati znake depresije pri starostnikih, kajti tako lahko preprečimo samomor. Potrebna pa je tudi preventiva v obliki preprečevanja osamljenosti.

**Namen:** Namen diplomskega dela je predstaviti samomorilnost pri starostnikih in vlogo zdravstvene nege.

**Metode dela:** Uporabili smo deskriptivno metodo s študijem domače in tuje literature, metodo analize dokumentov, statistično metodo obdelave podatkov in študijo primera.

**Rezultati:** V študiji primera je sodelovala 86-letna ženska, ki je pred 8 leti poskušala storiti samomor. Zaupala nam je svojo življenjsko zgodbo v zameno za anonimnost. Njeno zgodbo smo primerjali s teoretičnim znanjem, ki smo ga pridobili iz študije domače in tuje literature. Ženska iz študije primera, ki je poskušala storiti samomor, je ustrezala sedmim od osmih najpogostejših dejavnikov tveganja za samomor. Ugotovili smo, da se teorija in praksa močno povezujeta.

**Razprava in sklep:** Starostniki v Sloveniji so močno izpostavljeni samomorilnosti, sploh tisti, ki živijo sami in na podeželju. Na področju preventive za preprečevanje samomorilnosti starostnikov se je v Sloveniji zadnje čase veliko naredilo, vendar se vse organizirane dejavnosti odvijajo v mestih. Zdravstveni delavci bi morali imeti več znanja na področju samomorilnosti starostnikov, saj prihajajo v stik z njimi skoraj na vseh področjih zdravstva. Ključnega pomena bi bila prepoznava znakov depresije pri starostnikih.

**Ključne besede:** samomorilnost starostnikov, depresija pri starostnikih, vloga zdravstvene nege pri samomorilnosti starostnikov.

## **ABSTRACT**

**Introduction:** Suicidality in the elderly is a huge issue in Slovenia, since Slovenia is at the top of Europe based on the number of annually committed suicides in the elderly. The most common cause of suicidality in the elderly is depression. The elderly are also facing loneliness and a variety of diseases. It is the most important to recognize the signs of depression in the elderly, since this way we can prevent the suicide. In addition to this, prevention of loneliness is also needed.

**Purpose:** The purpose of the thesis is to present suicidality in the elderly and the role of nursing.

**Work methods:** We used the descriptive method with the study of domestic and foreign literature, the data analysis method, statistical method of data processing and a case study.

**Results:** The case study discusses an 86-year old woman, who tried to commit suicide 8 years ago. She told us her life's story in exchange for anonymity. We compared the story of the woman with theoretical knowledge, gained from the studying of domestic and foreign literature. The woman from the case study, trying to commit suicide, faced seven of eight most common risk factors for suicide. We found out that theory and practice are heavily connected.

**Discussion and conclusion:** The elderly in Slovenia are heavily exposed to suicidality, especially those, who live alone and at the country side. In Slovenia recently has been done a lot in the field of prevention suicidality in the elderly, but all organized activities are taking place in cities. Health practitioners should have more knowledge from the field of suicidality of the elderly, since they come into contact with them in almost all health care fields. Recognition of signs of depression in the elderly would be of key importance.

**Key words:** suicidality in the elderly, depression in the elderly, the role of nursing in suicidality in the elderly.