

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**KORISTI IN TVEGANJA ŽENSK PRI JEMANJU HORMONSKE  
KONTRACPCIJE**

**THE BENEFITS AND RISKS FOR WOMEN TAKING HORMONAL  
CONTRACEPTION**

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## POVZETEK

**Uvod:** Hormonska kontracepcija je najpogosteje uporabljena kontracepcijska metoda. Poznamo kombinirano hormonsko kontracepcijo, ki jo sestavlja estrogenska in progestogenska komponenta ter progestogensko kontracepcijo, ki vsebuje le progestogen. Pred uporabo hormonske kontracepcije mora biti ženska deležna primerne svetovanja, saj se je treba pogovoriti o prednostih in slabostih kontracepcije. Pri osveščanju žensk o kontracepciji ima pomembno vlogo tudi medicinska sestra. Namen raziskave je predstaviti koristi in tveganja za ženske, ki jemljejo hormonsko kontracepcijo.

**Metoda:** Raziskava je temeljila na kvantitativni metodi raziskovanja, metodi deskripcije. Uporabili smo tehniko anketiranja. Za instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, priložnostni vzorec, v katerega smo vključili 116 uporabnic hormonske kontracepcije. Pravilno izpolnjenih je bilo 74 anketnih vprašalnikov, kar je 63,8 % realizacija vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel.

**Rezultati:** 67 (90,5 %) anketirank uporablja kontracepcijske tablete. Kot vzrok za začetek jemanja hormonske kontracepcije je 45 (60,8 %) anketirank navedlo zaščito pred neželjeno nosečnostjo. Precejšnji delež uporabnic (61; 82,4 %) je s hormonsko kontracepcijo zadovoljen. Za najpogostejši dejavnik tveganja pri hormonski kontracepciji so anketiranke navedle visok krvni tlak (54; 73,0 %). Ženske so bile mnenja, da vedo dovolj o koristih in tveganjih hormonske kontracepcije, vendar jim največ pomembnih informacij glede uporabe, delovanja in stranskih učinkov hormonske kontracepcije ni podala medicinska sestra v ginekološki ambulanti, čeprav se lahko z medicinsko sestro v ginekološki ambulanti sproščeno pogovarjajo.

**Razprava in sklep:** Ugotavljamo, da ženske najbolj pogosto uporabljajo kontracepcijske tablete in da večina pozna tudi koristi in dejavnike tveganja uporabe. Medicinski sestri v ginekološki ambulanti zaupajo, kljub temu pa menijo, da bi morala pri svetovanju prevzeti večjo vlogo, saj so medicinske sestre, ki delajo v ginekološki ambulanti, o tem področju tudi ustrezno izobražene in usposobljene.

**Ključne besede:** hormonska kontracepcija, pozitivni in negativni učinki, zdravstveno vzgojno delo, osveščenost žensk, ginekološka ambulanta.

## SUMMARY

**Introduction:** Hormonal contraception is the most commonly used contraceptive method. There are two known methods of contraception. The first one is the combined hormonal contraception consisting of estrogen and progestogen components, and the second one is the progestogen contraception, which contains only progestogen. Before using hormonal contraception, a user must be given suitable advice, since it is necessary to talk about the pros and cons of birth control. In raising awareness of contraception among women, nurses play an important role. The purpose of the thesis was to find out which type of hormonal contraception women use, how long they have been using it and why they decided to use it in the first place. Another purpose was to determine the customer satisfaction with its use, as well as to establish how much women know about the risks and benefits of taking hormonal contraception, and finally, to find out to which extent women are informed by nurses about the use, activity, benefits and risks of using contraceptives.

**Method:** The study was based on a quantitative research method, the description method. The technique of the survey was applied. The survey questionnaire, based on a literature review, was used. A casual pattern, which included 116 users of hormonal contraception, was applied. Properly completed survey questionnaires were 84, which represents a 72% realization of the sample. Data have been collected and processed by using Microsoft Office Excel.

**Results:** Out of all the surveyed users of hormonal contraception is the percentage of those women who affirmed to had been using birth control pills as high as 67 (90,5%). The reason why they started using hormonal contraceptives, 45 (60.8%) respond to protect against unwanted pregnancy. A large percentage of users (61; 82.4%) is satisfied with hormonal contraception. As the most common risk factor in hormonal contraception, a high blood pressure was listed (54; 73.0%). Users are of the opinion that they have sufficient knowledge about the benefits and risks of hormonal contraception, but the most important information regarding the use of, operation of, and the side effects of hormonal contraception are not acquired by the nurses in the gynecological clinic. Despite the fact that nurses at a gynecological clinic are ready to listen and advise.

**Discussion and conclusion:** Based on research, we found that most women use contraceptive pills and that they are mostly familiar with the benefits and risk factors. Woman trust nurses in the gynecological clinic, but they also feel that the nurse should take greater role when giving advice. Women also feel that the nurses who are working there are highly educated and trained for such job.

**Key words:** hormonal contraception, positive and negative side effects, the role of the nurse, woman awareness, gynecological clinic.