

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

ZDRAVSTVENA NEGA OTROK Z ASPERGERJEVIM SINDROMOM

HEALTH CARE OF CHILDREN WITH ASPERGER SYNDROME

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IZVLEČEK

Uvod: Aspergerjev sindrom je motnja avtističnega spektra, za katero so značilne hude težave v socialnih interakcijah ter omejeno in ponavljajoče se vedenje in zanimanje. Vzrok za nastanek Aspergerjevega sindroma ni znan. Osnova za zdravljenje je vedenjska terapija, ki se usmerja na posamezne pomanjkljivosti. Večina otrok z odraščanjem napreduje, socialne in komunikacijske težave pa lahko ostanejo.

Namen: Namen diplomskega dela je predstaviti zdravstveno nego otrok z Aspergerjevim sindromom in prikazati, zakaj je pomembno poznavanje Aspergerjevega sindroma pri zdravstvenih delavcih.

Metode dela: Uporabili smo deskriptivno metodo dela in metodo kompilacije s pregledom domače in tuje strokovne literature. Predstavili smo študijo 11-letnega dečka z Aspergerjevim sindromom. Uporabljena je bila kvalitativna metoda dela, kot inštrument pa polstrukturiran intervju s starši otroka in opazovanje otroka na njegovem domu. Intervju smo nato vsebinsko analizirali ter podatke obdelali in sistematično uporabili za prikaz študije primera po konceptualnem modelu Virginije Henderson.

Razprava: Iz domače in tuje literature ter prikaza študije primera smo ugotovili, da je zdravstvena nega otrok z Aspergerjevim sindromom celostna, predvsem pa zahteva individualni pristop ter strokovno znanje in veščine, predvsem na področju komunikacije. Izkazalo se je, da ima otrok z Aspergerjevim sindromom največ težav pri aktivnostih prehranjevanja, učenja in pri komunikaciji.

Sklep: Poznavanje Aspergerjevega sindroma pri otroku je za medicinsko sestro ključnega pomena. Zelo pomembno je, da vzpostavimo pravilno komunikacijo med otrokom, medicinsko sestro in starši. To lahko dosežemo s poznavanjem sindroma, izpopolnjevanjem strokovnega znanja ter z zadostno mero empatije.

Ključne besede: Aspergerjev sindrom, otrok, medicinska sestra, zdravstvena nega, starši.

ABSTRACT

Introduction: Asperger's syndrome is an autism spectrum disorder that is characterized by severe difficulties in social interaction along with restricted repetitive behaviour and interests. The cause of Asperger's syndrome is unknown. Treatment is based on behavioural therapy which focuses on individual weaknesses. While most children do progress while growing up, some social and communication difficulties may remain.

Purpose: The purpose of this thesis is to present how children with Asperger's syndrome are treated and why it is important to raise awareness on this subject in healthcare workers.

Methodology: Both a descriptive method and a method of compiling data through review of domestic and foreign literature have been used throughout this thesis. The study of a 11-year-old boy with Asperger's syndrome has been presented by using a qualitative method and a semi-structured interview with the children's parents and observation of the child in his home environment. The data gathered during the interview was later analyzed and processed to produce a case study according to the concept model of Virginia Henderson.

Discussion: From domestic and foreign literature and presentation of case studies I found that the health care of children with Asperger's syndrome is comprehensive and above all requires an individual approach and professional knowledge and skills, especially in the field of communication. I found out that children with Asperger's syndrome have most problems with eating, learning and communication.

Conclusion: Knowledge of Asperger's syndrome is crucial for a child's nurse. It is very important to establish proper communication between the child, the nurse and parents. This can be achieved by knowing the syndrome, improving the expert knowledge and with a sufficient degree of empathy.

Key words: Asperger's syndrome, child, nurse, health care, parents.