

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**VLOGA MEDICINSKE SESTRE PRI PREPREČEVANJU DEJAVNIKOV
TVEGANJA ZA NASTANEK ARTERIJSKE HIPERTENZIJE**

**ROLE OF NURSES IN PREVENTION OF ARTERIAL HYPERTENSION
RISK FACTORS**

Študentka: IRENA VEDENIK

Mentorica: pred. Andreja Krajnc, viš. med. ses., univ. dipl. org.

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IZVLEČEK

Uvod: Arterijska hipertenzija ali visok krvni tlak je bolezen in je eden izmed glavnih dejavnikov tveganja za nastanek in razvoj srčno žilnih obolenj. Povzročča vrsto hudih zapletov. Z dobrim poznavanjem dejavnikov tveganja in pravilno zdravstveno vzgojo lahko zaplete preprečimo. Zato je za preprečevanje in zdravljenje arterijske hipertenzije potrebno upoštevati načela zdravega življenjskega sloga, ki ga pri zdravstveni vzgoji priporočajo medicinske sestre.

Namen: Namen diplomskega dela je predstaviti vlogo medicinske sestre pri preprečevanju dejavnikov tveganja za nastanek arterijske hipertenzije. Želeli smo ugotoviti ali imajo medicinske sestre dovolj časa in znanja za zdravstveno vzgojo pacientov in njihovih svojcev.

Metode dela: Uporabili smo deskriptivno in deduktivno metodo dela ter metodo analize anketnih vprašalnikov. Za pridobitev podatkov smo uporabili anonimni anketni vprašalnik, ki je vseboval 20 vprašanj. V raziskavi je sodelovalo 50 medicinskih sester in zdravstvenih tehnikov s treh različnih oddelkov, in sicer z: Oddelka za intenzivno interno medicino, Nevrološkega oddelka in Kardiološkega oddelka Splošne bolnišnice Celje. Pridobljene podatke smo obdelali s pomočjo računalniškega programa Microsoft Excel in jih prikazali z grafi.

Rezultati: Po analizi podatkov iz ankete smo ugotovili, da ima medicinska sestra pomembno vlogo pri zdravstveni vzgoji pacientov in svojcev, saj so bili takšnega mnenja prav vsi vprašani (100 %). Pomemben je čas, ki ga imajo na voljo pri obravnavi pacientov in svojcev. Največ anketiranih je odgovorilo, da medicinske sestre nimajo časa ali pa ga imajo premalo, vprašani pa si želijo, da bi ga bilo na voljo več (38 %).

Razprava in sklep: Vloga medicinske sestre pri preprečevanju dejavnikov tveganja za nastanek arterijske hipertenzije je pomembna za paciente in svojce. Rezultati ankete nam kažejo potrebo po dodatnem strokovnem izobraževanju na področju arterijske hipertenzije in dejavnikov tveganja.

Ključne besede: vloga medicinske sestre, dejavniki tveganja, zdravstvena vzgoja, arterijska hipertenzija, zdrav življenjski slog.

ABSTRACT

Introduction: Arterial hypertension or high blood pressure is a disease and one of the major risk factors leading to various cardio vascular medical conditions. It causes a number of severe complications. Having good knowledge of the risk factors and correct health care education, these complications can be prevented. Healthy lifestyle principles recommended by nurses during health care education have to be followed for successful prevention and treatment of hypertension.

Purpose: The purpose of this diploma paper is to present the role of a nurse in the prevention of hypertension risk factors. Furthermore it aims to discover whether nurses have enough time and knowledge for health care education of patients and their relatives.

Work methods: Descriptive and deductive work methods were used together with a questionnaire analysis. An anonymous questionnaire containing twenty questions was used in order to acquire necessary data. The research included fifty nurses and health technicians from three different departments of the Celje General Hospital; The Department of Intensive Internal Medicine, Department of Neurology and Department of Cardiology. The acquired data was processed with Microsoft Excel computer programme and presented in charts.

Results: The analysis of the questionnaire data has shown that a nurse plays an important role in health care education of patients and their relatives, since all the interviewees shared this opinion (100%). Time available for the treatment of patients and their relatives is of great importance. The majority of interviewees replied that they had no time or not enough time and therefore wished to have more (38%).

Discussion and conclusions: The results have shown that the role of a nurse is of great importance for patients and their relatives. The questionnaire answers provide a guideline in considering extra education for nurses in the field of arterial hypertension and the risk factors.

Key words: The role of a nurse, risk factors, health care education, arterial hypertension, healthy lifestyle.

