

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

ZDRAVSTVENA NEGA BOLNIKA Z ZLOMOM KOLKA

NURSING CARE OF PATIENT WITH A HIP FRACTURE

Študentka: BERNARDA VINDER

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IZVLEČEK

Uvod: V diplomskem delu smo opisali zdravstveno nego bolnika z zlomom kolka. Teoretični del naloge vsebuje predstavitev zgradbe in delovanje kolka, zlom kolka, njegovo zdravljenje, rehabilitacijo bolnika in preventivo zloma. Poudarjene so aktivnosti medicinske sestre pred operacijo in po njej, sodelovanje v zdravstvenem timu ter zdravstveno vzgojno delo. V empiričnem delu je opisana študija primera, ki je bila izvedena na Travmatološkem oddelku Splošne bolnišnice Celje.

Namen: Namen diplomskega dela je bil predstaviti zdravstveno nego pri obravnavi bolnika z zlomom kolka ter s pomočjo študije primera ugotoviti aktualne in potencialne negovalne diagnoze.

Metode dela: V diplomski nalogi smo uporabili deskriptivno in kvantitativno metodo dela. Podatke za potrebe diplomske naloge smo pridobili s pomočjo bolnikove zdravstvene in medicinske dokumentacije, z merjenjem in opazovanjem bolnika. Opravljen je bil intervju z bolnikom, ki je sodeloval v študiji primera. V diplomski nalogi smo naredili tudi primerjalno študijo s primerljivim primerom iz Splošne bolnišnice Izola.

Rezultati: Rezultati raziskave so pokazali, da imajo bolniki z zlomom kolka največ problemov pri gibanju, spanju, osebni negi in pomanjkanju znanja. Zaradi ugotovljenih različnosti potreb po zdravstveni negi je potrebno izdelati individualne načrte zdravstvene nege bolnika po procesni metodi dela. V primerjalni študiji s primerljivim primerom iz Splošne bolnišnice Izola je bilo ugotovljeno, da se pri bolnikih z zlomom kolka pojavljajo iste negovalne diagnoze.

Sklep: Zdravstvena nega bolnika z zlomom kolka je zahtevna, potrebno je imeti veliko znanja z vseh področij zdravstvene nege, empatije, razumevanja starostnikov in izkušenj. Vsi, ki so vključeni v zdravstveno obravnavo bolnika z zlomom kolka, morajo vzpostaviti visok nivo sodelovanja, timskega dela in morajo znati motivirati bolnika za aktivno sodelovanje pri zdravstveni negi ter rehabilitaciji.

Ključne besede:

Bolnik, zlom kolka, medicinska sestra, negovalna diagnoza, zdravstvena nega.

ABSTRACT

Introduction: In the thesis we describe the nursing care of patient with a hip fracture. The theoretical part of the thesis presents the structure and function of the hip, hip fracture, its treatment, rehabilitation and prevention of fracture patient. Highlighted the activities of nurses before and after surgery, participation in the health team and health care work. The empirical part of the thesis describes a case study that was conducted in a Traumatological department of the General Hospital in Celje.

Purpose: The purpose of this study was to provide care in the treatment of patients with hip fracture and by means of a case study to identify current and potential nursing diagnoses.

Methods: In this thesis, we used descriptive and quantitative method of working. The data for the purpose of the thesis were obtained from the patient's health and medical records, measurement and observation of the patient. There has been an interview with the patient, which is involved in the case study. In this thesis we made a comparative study with a comparable example from Izola General Hospital.

Results: The results showed that patients with hip fracture have problems with movement, sleep, personal care and lack of knowledge. Due to the diversity of the identified needs for nursing care is necessary to create individual plans of care according to the patient's process method works. In a comparative study with a comparable example from Izola General Hospital, it was found that patients with hip fracture occurring the same nursing diagnosis.

Conclusion: Nursing care of patients with hip fracture is difficult, it is necessary to have a lot of knowledge from all areas of health care, empathy, understanding and experience of older people. All those involved in the medical treatment of patients with hip fracture should establish a high level of cooperation, teamwork and be able to motivate the patient to actively participate in health care and rehabilitation.

Key words

Patient, hip fractura, nursis, nursing diagnosis, nursing care.