

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**POMEN OZAVEŠČANJA STARŠEV O CEPLJENJU PREDŠOLSKIH  
OTROK**

**THE IMPORTANCE OF PARENTS AWARENESS ABOUT  
VACCINATION OF PRE-SCHOOL CHILDREN**

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## POVZETEK

**Uvod:** Velik delež cepljenih oseb v Sloveniji zagotavlja ugodno stopnjo zaščite proti nalezljivimi boleznimi, vendar vse večji odkloni cepljenja danes v družbi predstavljajo velik problem. Število staršev, ki cepljenje odvrtačo ali pa mu nasprotujejo počasi narašča. Vloga medicinske sestre pri preventivnem ozaveščanju staršev o cepljenju predšolskih otrok, zelo pomembna pri pravilni odločitvi staršev. Namen raziskave je ugotoviti, kakšen pomen starši pripisujejo cepljenju ter kakšna je njihova ozaveščenost glede pomena cepljenja.

**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 vzorec, v katerega smo vključili 80 staršev predšolskih otrok v Zdravstvenem domu Litija. Pravilno izpolnjenih je bilo 60 anketnih vprašalnikov, kar predstavlja 75-odstotno realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2010.

**Rezultati:** Ugotovili smo, da je precepljenost predšolskih otrok zelo dobra in da se starši še zmeraj v veliki večini odločajo za cepljenje svojih otrok. Tako 14 (23,3 odstotka) anketirancev meni, da jim sedanji način pridobivanja informacij o cepljenju ne zadostuje. Anketiranci so zaskrbljeni zaradi sedanjega načina pridobivanja informacij, saj jih predvsem motijo podatki o cepljenju, ki jih pridobijo iz interneta. Prav tako je 17 (28,3 odstotka) staršev odgovorilo, da največ informacij pridobijo z interneta. Ta podatek nam pove, da je med drugim to eden od najpomembnejših razlogov, da se starši ne odločijo za cepljenje, saj je veliko internetnih informacij, ki so nepreverljive. Nato 31 (51,6 odstotka) anketirancev meni, da jim pogovor z medicinsko sestro o cepljenju veliko pomeni. Pri tem je zelo pomembno, da medicinska sestra dejavno sodeluje pri ozaveščanju staršev, saj 32 (53,3 odstotka) anketirancev meni, da od medicinske sestre dobijo ustrezne informacije o cepljenju. Ugotovili smo, da bi lahko precepljenost otrok povečali, če bi samoplačniška cepljenja vključili v redni program cepljenja, saj je 28 (46,6 odstotka) anketirancev bilo menilo, da bi samoplačniška cepljenja morala biti v rednem programu cepljenja.

**Razprava in sklep:** Ugotavljamo, da je ozaveščenost staršev, pri katerih smo opravljali raziskavo, o cepljenju predšolskih otrok zelo dobra. Velika večina staršev cepi svoje otroke in s tem vzdržujemo dobro kolektivno imunost populacije. Ugotavljamo, da je vloga medicinske sestre pri tem zelo pomembna. Staršem zelo pomagata pogovor in znanje medicinske sestre o cepljenju. Spodbujanje staršev in ozaveščanje le-teh je zelo pomembno za obstoj zelene kolektivne imunosti.

**Ključne besede:** cepljenje, komunikacija glede cepljenja, ozaveščanje staršev, vloga medicinske sestre.

## SUMMARY

**Introduction:** Due to significant proportion of vaccinated people in Slovenia, a good level of protection against infectious diseases is provided, but the increased rates of vaccine refusal represent a major problem in today's society. The number of parents who refuse to vaccinate their children or oppose vaccination is slowly growing. The role of the nurse in raising awareness of the parents about the importance of vaccination of preschool children is important for the correct decision of the parents. The purpose of our research is to establish what importance the parents attach to vaccination and how great is their awareness about the importance of vaccination.

**Method:** Our research was based on the quantitative method of research, the method of description. We used the questionnaire technique. As the instrument we used the survey questionnaire, which we designed on the basis of literature review. We used a non-random sample, in which we included 80 parents of preschool children in Litija Health Centre (Zdravstveni dom Litija). 60 of the survey questionnaires were correctly filled out, which represents 75% realization of the sample. The data were collected and processed by means of Microsoft Office Excel 2010 program.

**Results:** We have established that vaccination coverage of preschool children is very good and that the vast majority of parents still decide on the vaccination of their children. 14 (23,3%) of the respondents think that the current way of obtaining information on vaccination is not sufficient. The respondents are worried about the current way of obtaining information, as they are particularly dissatisfied with the data on vaccination, obtained from the Internet. In spite of that, 17 (28,3%) parents replied that they obtain most of the information on the Internet. This piece of information tells us that this is, among other things, one of the major reasons that the parents decide against vaccination, as there exists much information that is unverifiable. 31 (51,6%) of the respondents are of the opinion that the conversation with the nurse about vaccination has a great importance for them. Therefore it is very important that the nurse actively participates in raising awareness of the parents, as 32 (53,3%) of the respondents believe, that they can get relevant information on the vaccination from the nurse. We have established that vaccination coverage of children could be increased by including self-funding vaccinations in the regular vaccination program, as 28 (46,6%) of the respondents were of the opinion that self-funding vaccinations should be included into the regular vaccination program.

**Discussion and conclusion:** We find that the awareness of parents of preschool children in the area where the research was conducted is very good. The majority of parents get their children vaccinated, and with that we maintain a good collective immunity of the population. We find that the role of the nurse is very important in that. The parents can benefit greatly from the knowledge and the conversation with the nurse about the vaccination. The encouragement of the parents and raising their awareness is very important for the maintenance of the desired collective immunity.

**Key words:** vaccination, communication about vaccination, raising awareness of parents, role of the nurse.