

FAKULTETA ZA ZDRAVSTVENE VEDE V CELJU

DIPLOMSKO DELO

UKREPANJE STARŠEV PRI OTROCIH Z VROČINSKIMI KRČI

PARENTS ACTION FOR CHILDREN WITH FEBRILE SEIZURES

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POVZETEK

Uvod: Normalna telesna temperatura se giblje med 36,1 °C in 37,8 °C. Najpogostejša konvulzivna motnja v otroštvu so vročinski krči. Večinoma minejo ob odraščanju. Tveganje, da bo imel otrok ob povišani telesni temperaturi vročinske krče, se pojavlja pri 5 % otrok. Vročinski krči so za starše, kateri jih vidijo prvič, naravnost strašljivi. Starši ponavadi niso dovolj seznanjeni z ukrepi ob pojavu le-teh. Namen je ugotoviti, kako starši ukrepajo v primeru vročinskih krčev pri otrocih.

Metoda: Uporabili smo kvantitativni raziskovalni pristop. V teoretičnem delu smo uporabili metodo opisovanja in primerjanja. V empiričnem delu smo uporabili metodo anketiranja z vprašalnikom. Uporabili smo neslučajnostni, priložnostni vzorec. Anketa je bila posredovana preko spleta 100 anketirancem, vrnjenih je bilo 90 vprašalnikov. Po končanem anketiranju smo podatke pregledali, preverili pravilnost in jih obdelali v programu Microsoft Office Excel 2010.

Rezultati: Zelo pogosto se s povišano telesno temperaturo srečuje 48 (53 %) anketiranih. Največ anketiranih, 52 (58 %), prične telesno temperaturo zniževati med 38,1 °C in 38,9 °C. Z vročinskimi krči se je srečalo 32 (36 %) anketiranih. Pri pojavu vročinskih krčev terapijo za zniževanje telesne temperature aplicira 46 (51 %) staršev. 53 (59 %) vprašanih meni, da je hladna pijača dober ukrep proti vročinskim krčem, zdravilo proti krčem aplicira 17 (19 %) anketiranih. 40 (45 %) anketiranih meni, da niso dobro poučeni o ukrepih ob pojavu vročinskih krčev. 47 (52 %) vprašanih je informacije o vročinskih krčih pridobilo iz interneta, 61 (68 %) jih je informacije pridobilo s strani medicinske sestre, 52 (58 %) sodelujočih je informacije pridobilo v ambulanti otroškega dispanzerja.

Razprava in sklep: Ugotovili smo, da se večina staršev zelo pogosto srečuje s povišano telesno temperaturo pri otroku. Prav tako smo ugotovili, da telesno temperaturo otroku najpogosteje merijo pod pazduho. Telesno temperaturo pričnejo zniževati med 38,1 °C in 38,9 °C. Večina anketiranih se še ni srečala z vročinskimi krči. Ugotovili smo, da starši niso ustrezno poučeni o ukrepanju pri vročinskih krčih. Vročinski krči pri otroku so stanje, ki jih večina staršev pri svojih otrocih ne doživi oziroma le redko. Strokovnjaki pravijo, da sta strah in nepoučenost o povišani telesni temperaturi in vročinskih krčih velika težava z resnimi negativnimi posledicami, ki lahko vplivajo na vsakodnevno družinsko življenje.

Ključne besede: medicinska sestra, povišana telesna temperatura, ukrepi ob pojavu vročinskih krčev, vročinski krči.

SUMMARY

Introduction: Normal body temperature ranges between 36.1 °C and 37.8 °C. The most common convulsive disorder in childhood is febrile convulsions. They mostly go away with growing up. The risk that a child will have febrile convulsions when the body temperature is elevated occurs in 5% of children. For parents who see them for the first time, febrile convulsions are downright scary. Parents are usually not sufficiently familiar with the measures to be taken when they occur. The purpose is to ascertain how parents act in the case of febrile convulsions in children.

Method: We used a quantitative research approach. In the theoretical part, we used the method of description and comparison. In the empirical part, we used the survey method, with a questionnaire. We used a non-random, convenience sample. The survey was sent online to 100 respondents. 90 questionnaires were returned. After completing the survey, we reviewed the data, checked their correctness, and processed them in the Microsoft Office Excel 2010 program.

Results: 48 (53%) of the respondents encounter elevated body temperature very often. Most of the respondents, 52 (58%), start to lower their children's body temperature between 38.1 °C and 38.9 °C. 32 (36%) respondents experienced febrile convulsions. When febrile convulsions occur, 46 (51%) parents apply therapy to lower the body temperature. 53 (59%) respondents believe that a cold drink is a good measure against febrile convulsions. 17 (19%) respondents apply anti-convulsants. 40 (45%) of the respondents believe that they are not well informed about the measures to be taken in the event of febrile convulsions. 47 (52%) of the respondents obtained information about febrile convulsions from the Internet. 61 (68%) of them obtained information from a nurse. 52 (58%) of the participants obtained information from the outpatient clinic of the children's dispensary.

Discussion and conclusion: We ascertained that most parents encounter an elevated body temperature in their child very often. We also ascertained that parents measure the child's body temperature most often under the armpit. They start to lower the body temperature between 38.1 °C and 38.9 °C. Most of the respondents have never experienced febrile convulsions. We ascertained that parents are not properly instructed on what to do in the event of febrile convulsions. Fever convulsions in a child are a condition that most parents do not, or only rarely, experience in their children. Experts say that fear and lack of education about fever and febrile convulsions are huge problems with serious negative consequences that can affect everyday family life.

Keywords: elevated body temperature, febrile convulsions, measures taken in the case of febrile convulsions, nurse.