

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

CELOSTNA OBRAVNAVA PACIENTA Z BIPOLARNO MOTNJO

**A COMPREHENSIVE TREATMENT OF A PATIENT WITH BIPOLAR
DISORDER**

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POVZETEK

Uvod: Bipolarna motnja se najpogosteje pojavi v obdobju zgodnje odraslosti. Zdravimo jo akutno in preventivno oz. vzdrževalno. Ključno vlogo imajo zdravila, ki so večinoma nujna pri vseh pacientih. V pomoč pri zdravljenju so psihoterapija, izobraževanja o bolezni, razne podporne skupine, ki zmanjšajo število in resnost ponavljajočih se epizod in pacientom omogočajo živeti kakovostno življenje. Z raziskavo smo želeli ugotoviti, kakšne izkušnje imajo pacienti s celostno obravnavo bipolarnе motnje.

Metoda: Za izdelavo diplomskega dela smo uporabili kvalitativno metodo raziskovanja in metodo utemeljene teorije. Instrument raziskave je bil polstrukturiran intervju s 13 vprašanji, ki smo ga oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, namenski vzorec. Pri raziskavi je sodelovalo pet oseb, dve ženski in trije moški, ki se zdravijo zaradi bipolarnе motnje. Sodelujoči v raziskavi so stari od 19 do 50 let.

Rezultati: Kakovost življenja pacientov z bipolarno motnjo se je zaradi bolezni korenito spremenila na slabše. Izpostavljajo problem z učenjem za šolo, saj imajo slabo koncentracijo, slab spomin, manj idej ter zelo nizko motivacijo. Posledice zaznajo z ekstremnim nihanjem razpoloženja, ki nanje vpliva zelo negativno, predvsem na medosebnem področju. Svojo bolezen zdravijo medikamentozno, s psihoterapijo, psihosocialnimi tehnikami in terapijami. Izpostavili so pozitivno izkušnjo z medicinskimi sestrami v času zdravljenja, pohvalili so njihovo profesionalnost, prijaznost, komunikativnost in empatičnost. Dobri medsebojni odnosi v družini imajo za kakovost življenja pacientov z bipolarno motnjo ključno vlogo.

Razprava in sklep: V procesu obravnave pacienta z bipolarno motnjo je izredno pomembna vloga celotnega multidisciplinarnega tima in njegove družine. Zdravljenje bipolarnе motnje zajema farmakoterapijo, psihoterapijo, psihoedukacijo in socioterapijo. V bolnišničnem okolju sta pomembni pridobivanje znanja in informiranje pacienta o sami bolezni. Medicinska sestra je v procesu zdravljenja ključen člen, saj je s pacientom največ v stiku v akutni fazi bolezni, njen potencial je napredek pacienta. Medicinska sestra s svojimi znanji, spretnostnimi, dobro komunikacijo in visoko stopnjo empatije prenaša znanje na pacienta in njegove svojce. Prepozna pacientove potrebe in mu svetuje v okviru svojih kompetenc. Na pacienta deluje vzgojno, ga spodbuja in motivira k aktivnemu sodelovanju v času zdravljenja. Kakovost življenja se pacientom zaradi bolezni zmanjša, vendar si lahko z rednimi oblikami terapij in dobrim poznavanjem motnje izboljšajo kakovost življenja.

Ključne besede: duševna bolezen, bipolarna motnja, pacient z bipolarno motnjo, celostna obravnava.

SUMMARY

Introduction: Bipolar disorder occurs most commonly during the early adulthood period. We treat it acutely and preventively or preservationally. A key role is played by drugs, which are essential for all patients in most cases. Psychotherapy, disease education, various support groups, which reduce the number and severity of recurrent episodes, and enable patients to live a quality life, are also helpful in treating them. With research, we tried to find out what experiences patients have with the holistic treatment of bipolar disorder.

Method: In order to prepare the thesis, we used a qualitative method of research, a method of grounded theory. The research instrument was a semi-structured interview with 13 questions, which we formulated on the basis of literature review. We used a non-probability, purposive sample. The study involved five people, two women and three men, who were being treated for bipolar disorder. Participants in the survey are 19 to 50 years old.

Results: The quality of life of patients with bipolar disorder changed radically for worse after treatment. They expose the problem of learning for school, because they have poor concentration, bad memory, fewer ideas and a very low motivation. The consequences are perceived with extreme mood swings, which have a very negative effect on them, especially in the interpersonal field. They treat their illness medicamentally and with psychotherapy and psychosocial techniques and therapies. They highlighted a positive experience with nurses during treatment, praising their professionalism, kindness, communicativeness and empathy. Good interpersonal relationships in the family play a key role in the quality of life of patients with bipolar disorder.

Discussion and conclusion: In the process of treating a patient with bipolar disorder, the role of the entire multidisciplinary team and the patient's family is extremely important. Treatment of bipolar disorder includes pharmacotherapy, psychotherapy, psychoeducation and sociotherapy. In the hospital environment, acquiring knowledge and informing the patient about the disease itself is important. The nurse is a crucial link in the treatment process, because she is most connected to the patient in the acute phase of the disease, and her potential is the progress of the patient. The nurse with knowledge, skills, good communication and high level of empathy passes on knowledge to the patient and his or her relatives. The nurse recognizes the patient's needs and advises within her competences. Towards the patient, the nurse acts as an educator, stimulates and motivates him or her to participate actively during treatment. The quality of patient's life decreases due to illness, but with regular forms of therapy and good knowledge of the disorder, they can improve the quality of life.

Key words: mental illness, bipolar disorder, patient with bipolar disorder, treatment of bipolar disorder.