

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**KAKOVOST ŽIVLJENJA PACIENTOV S SRČNIM
SPODBUJEVALNIKOM**

QUALITY OF LIFE OF PATIENTS WITH A PACEMAKER

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POVZETEK

Uvod: Motnje srčnega ritma negativno vplivajo na pacientovo zdravje, počutje, percepcijo zdravja in kakovost življenja. Pri tem pacienti občutijo značilne simptome, kot so utrujenost, vrtoglavica, omedlevica, skorajšnja omedlevica. Značilnost motenj srčnega ritma je, da onemogočijo normalen pretok krvi po telesu. Za njihovo zdravljenje se uporablja različne medikamentozne in ablacijske metode, uspešno zdravljenje pa zagotavlja tudi vstavev srčnega spodbujevalnika. Le-ta, glede na raziskave, pozitivno vpliva na kakovost življenja pacientov, ki obolevajo za motnjami srčnega ritma. Zato je namen raziskave ugotoviti, kakšna je kakovost življenja pacientov s srčnim spodbujevalnikom.

Metoda: V raziskavi je bila uporabljena kvantitativna metodologija raziskovanja. Podatke smo zbirali s tehniko anketiranja, torej s pomočjo anketnega vprašalnika, ki smo ga oblikovali na podlagi pregleda literature. V raziskavo smo vključili priložnostni vzorec pacientov s stalnim srčnim spodbujevalnikom ($n = 30$), ki imajo redne kontrolne preglede v ambulanti za srčne spodbujevalnike v enem izmed kliničnih centrov v Sloveniji. Za analizo in prikaz rezultatov smo uporabili metodo deskriptivne statistike in programski paket Microsoft Office Excel.

Rezultati: Pacienti so pred vstavitvijo srčnega spodbujevalnika v povprečju imeli največ težav z bolečinami v prsnem košu (73,3 %), s težkim dihanjem (60,0 %), hitro utrudljivostjo (60,0 %) in z vrtoglavico (53,3 %). Pred vstavitvijo srčnega spodbujevalnika se je s telesno aktivnostjo redno ukvarjalo 57 % pacientov, po vstavitvi pa le še 7 % pacientov. Prav tako večina (73,3 %) pacientov navaja, da v okviru svojega poklica ne opravlja več istega dela kot pred vstavitvijo srčnega spodbujevalnika. Pri tem ima največ (83,3 %) pacientov omejitve pri dvigovanju težjih bremen. Rezultati kažejo tudi na močno spremembo kakovosti življenja, in sicer najbolj pri aktivnostih, povezanih z delom, pri izvajanju športno-rekreacijskih aktivnosti in pri drugih omejitvah zaradi zdravja.

Razprava: Potrdili smo nekatere ugotovitve tujih raziskav glede upada telesnih aktivnosti in omejitev glede dela pri pacientih po vstavitvi srčnega spodbujevalnika. Pri pacientih z vstavljenim srčnim spodbujevalnikom bi bilo smiselno redno ocenjevati kakovost življenja, in sicer z namenom zagotavljanja celostne, kakovostne in k pacientu usmerjene zdravstvene nege.

Ključne besede: motnje srčnega ritma, pacient, srčni spodbujevalnik, kakovost življenja, telesna aktivnost, opravljanje dela

SUMMARY

Introduction: Cardiac rhythm disorders have negative influence on patient's health, mood, his perception of health and quality of life. Patients feel symptoms like fatigue, vertigo, dizziness, fainting or near fainting. Cardiac rhythm disorders disable normal blood flow in the body. Different pharmacological methods and cardiac ablation procedures are used for the treatment of cardiac rhythm disorders. The insertion of a pacemaker is also one of the possibilities of a successful treatment. According to researches the pacemaker has a positive influence on the quality of life of the patients that have cardiac rhythm disorder. Therefore, the aim of this study was to research the quality of life of patients with pacemakers.

Methods: The quantitative research method was used. We collected data with the inquiry technique as we used a questionnaire which was designed on the basis of the studying of the literature. Random sample of patients with a permanent pacemaker (n=30), which have regular check-ups in the heart centre in one of the clinical centre in Slovenia, was used in the survey. Descriptive statistics and Microsoft office Excel were used to analyse and describe the features of the data in the study.

Results: Before the insertion of the pacemaker patients had troubles with chest pain (73,3%), heavy breathing (60%), getting tired quickly (60%) and dizziness (53,3%). 57% of the patients were physically active before the insertion of the permanent pacemaker, but only 7% of the patients continued with the physical activities after the insertion of the pacemaker. Also 73,3% of the patients stated that they don't do the same job as they did before the insertion of the pacemaker. Most of the patients (83,3%) have problems with lifting heavy objects. The results of the survey show that there was a significant change in the quality of life, the most changes were connected with the patients' jobs, physical activities and other restrictions.

Discussion: The survey has confirmed some of the findings of the foreign studies connected with decline in physical activity and some work restrictions at patients after the insertion of the permanent pacemaker. It would be reasonable to evaluate regularly the quality of life aspects after cardiac pacemaker implantation in order to provide integrated, qualitative and patient-centered nursing care.

Keywords: cardiac rhythm disorders, patient, cardiac pacemaker, quality of life, physical activity, work