

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**VLOGA MEDICINSKE SESTRE PRI OBRAVNAVI PACIENTOV,
ODVISNIH OD ALKOHOLA**

**THE ROLE OF NURSES IN THE TREATMENT OF PATIENTS
ADDICTED TO ALCOHOL**

Študentka: ANJA KOCIJANČIČ

Mentorica: viš. pred. DUŠKA DREV, viš. med. ses., univ. dipl. org.

**Študijski program: VISOKOŠOLSKI STROKOVNI ŠTUDIJSKI
PROGRAM ZDRAVSTVENA NEGA**

CELJE, 2019

POVZETEK

Uvod: Odvisnost od alkohola je najbolj razširjena odvisnost tako pri nas kot v svetu. Nastaja postopoma, s sovplivanjem različnih dejavnikov (individualnih, socialnih, družbenih), in pusti številne posledice na posameznikovem psihofizičnem, socialnem, ekonomskem in širšem družbenem področju. Z raziskavo smo želeli ugotoviti, kakšno vlogo ima medicinska sestra pri obravnavi pacientov, odvisnih od alkohola.

Metoda: Raziskava je temeljila na kvalitativni metodi raziskovanja-metodi utemeljene teorije. Za osnovno tehniko raziskave smo uporabili polstrukturiran intervju, ki je obsegal 12 vprašanj. Vprašanja smo oblikovali na podlagi pregleda domače in tuje literature. V raziskavo smo vključili štiri diplomirane medicinske sestre, ki imajo najmanj pet let delovnih izkušenj pri obravnavi pacientov, odvisnih od alkohola.

Rezultati: Naloga medicinske sestre pri odkrivanju odvisnosti od alkohola je, da prepozna znake odvisnosti in tveganega pitja, da z odvisnim od alkohola vzpostavi zaupljiv odnos (profesionalen, empatičen, ne obtožujoč, odločen in neposreden) in primerno komunikacijo ter nudi pomoč v okviru svojih kompetenc. Odvisnega od alkohola napoti k osebemu zdravniku, ga spodbuja k opustitvi tveganega pitja alkohola, sodeluje s centrom za socialno delo in priporoča vključitev v društvo anonimnih alkoholikov. Na sekundarni ravni, v času bolnišničnega zdravljenja, medicinska sestra pristopa celostno, pacienta motivira za zdravljenje, da sprejme nastalo situacijo in opusti alkohol, izboljša odnose z družino, ponovno vzpostavi socialne stike ter spremeni svoje razmišljanje in ga spodbuja pri abstinenci. Cilji zdravstvene nege so usmerjeni k čim hitrejšemu samostojnemu izvajanju temeljnih življenjskih aktivnosti odvisnega od alkohola. Medicinske sestre ocenjujejo, da imajo dovolj znanja o odvisnosti od alkohola, vendar se smernice spreminjajo in je veliko novitet, zato potrebujejo dodatna usposabljanja.

Razprava in sklep: Z raziskavo smo ugotovili, da je vloga medicinske sestre pri obravnavi odvisnega od alkohola zelo pomembna, saj sodeluje pri njegovi obravnavi na vseh ravneh zdravstvenega varstva in tudi v procesu rehabilitacije. Njena vloga je pomembna tudi v preventivni dejavnosti. Medicinske sestre, ki delajo z odvisnimi od alkohola, morajo imeti veliko mero potrpežljivosti, empatije in dobre komunikacijske sposobnosti ter veliko dodatnih usposabljanj s tega področja.

Ključne besede: zdravstvena nega pacienta, odvisni od alkohola, medicinska sestra, vloga medicinske sestre, tvegano in škodljivo pitje alkohola

SUMMARY

Introduction: Alcohol addiction is the most widespread addiction in Slovenia and the world. It forms gradually through the interaction of various factors (individual or social) and leaves many traces on an individual's psychophysical, social, economic and broader social sphere. The survey wished to determine the role of a nurse in the care of patients addicted to alcohol.

Method: The survey was based on the qualitative research method and on the descriptive method. The basic survey technique was a semi-structured interview, comprising 12 open-ended questions. The questions were prepared after reviewing the domestic and foreign literature. The survey encompassed four nurse practitioners with many years of experience in caring for patients addicted to alcohol.

Results: The task of a nurse in detecting alcohol dependence is to recognize the signs of addiction and risky drinking in order to establish a trusted relationship (professional, empathic, non-indictable, decisive and direct) with an alcohol addict and appropriate communication and provide assistance within their competences. An alcohol addict referral to a personal doctor, encourages him to abandon risky drinking, cooperate with the social work center, and recommends the inclusion of anonymous alcoholics in the society. At the secondary level of health care, the nurse takes a holistic approach. The nurse talks with the alcohol addict; motivates him/her to get treatment and give up alcohol; helps him/her to accept the situation; and encourages him/her to stay abstinent in order to improve family relationships, re-establish social contacts and change his/her mindset. Nursing care aims at the patient being capable of autonomously performing the basic activities of daily living as soon as possible. Nurses consider that they have sufficient knowledge of alcohol addiction, but the guidelines are changing and there are many novelties, so they need additional training.

Discussion and conclusion: The survey has revealed that a nurse has a very important role in the care of an alcohol addict by being involved in the patient's care at all levels of health care and in the rehabilitation process. The nurse's role is also important in preventive activities. Nurses caring for alcohol addicts must possess a great deal of patience, empathy and good communication skills, and must undergo extensive additional training in this field.

Keywords: nursing care of a patient, alcohol addicts, nurse, nurse's role, risky and harmful drinking