

VISOKA ZDRAVSTVENA ŠOLA V CELJU

MAGISTRSKO DELO

**TIMSKI PRISTOP V PALIATIVNI OSKRBI
TEAM APPROACH TO PALLIATIVE CARE**

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STOPNJE PALIATIVNA OSKRBA**

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POVZETEK

Uvod: Paliativna oskrba je specialno področje zdravstvene nege, ki je namenjena pacientom z neozdravljivo boleznijo in njihovim bližnjim. Namen paliativne oskrbe je vzdrževati optimalno kakovost življenja, za zagotavljanje le-tega pa je izjemno pomemben timski pristop. Z raziskavo smo želeli ugotoviti stopnjo znanja o delovanju interdisciplinarnega paliativnega tima med zdravstvenimi delavci in zdravstvenimi sodelavci ter ugotoviti, kakšno je njegovo dejansko delovanje v kliničnem okolju.

Metoda: Raziskava je temeljila na kvantitativnem raziskovalnem pristopu. Podatki so bili zbrani s tehniko anketiranja. Uporabili smo neslučajnostni kvotni vzorec. V raziskavi je sodelovalo 180 zdravstvenih delavcev in zdravstvenih sodelavcev, kar predstavlja 78 % realizacijo vzorca. Zbrani podatki so bili obdelani s statističnim programom SPSS 23.0.

Rezultati: 144 (80,1 %) anketiranih v socialno varstvenih zavodih, ne glede na starost ali spol, razume termin paliativna oskrba kot oskrbo pacientov z neozdravljivo boleznijo in njihovih bližnjih. Podatki kažejo, da med člani paliativnega tima prevladujejo dobri medsebojni odnosi ($PV = 4,75$; $p < 0,05$), da timski pristop vpliva na kakovost paliativne oskrbe ($PV = 4,69$; $p < 0,05$) ter da je v njem razvit enakopravni partnerski odnos ($PV = 4,69$; $p < 0,05$). Anketirani svoje strokovno znanje ocenjujejo visoko ($PV > 4$ od 5).

Razprava: Raziskava pokaže, da se paliativna oskrba v socialno varstvenih zavodih, kljub sistemski neorganiziranosti in počasnemu napredku, vendarle razvija in utira svojo pot. Za vzpostavitev in delovanje interdisciplinarnega paliativnega tima je med posameznimi člani potrebna vzpostavitev zaupanja, na katerem se gradijo spoštovanje in dobri medosebni odnosi. Za zagotavljanje slednjega je pomembno strokovno znanje zdravstvenih delavcev in sodelavcev s področja paliativne oskrbe.

Originalnost: Rezultati raziskave kažejo, da paliativni timi niso organizirani znotraj vsakega socialno varstvenega zavoda. Predstavljajo tudi izhodišče za nadaljnje raziskovanje, v katero bi vključili še druge dejavnike, ki vplivajo na kakovost življenja neozdravljivo bolnih in njihovih bližnjih.

Omejitve/nadaljnje raziskovanje: Omejitev raziskave je v izbrani metodologiji in izbranem vzorcu. Nadaljnje raziskave bi bilo smiselno usmeriti v spremljanje vzpostavitve interdisciplinarnih paliativnih timov v socialno varstvenih zavodih ter v uvedbo enotnih smernic in standardiziranih orodij za vključevanje ljudi v paliativno oskrbo.

Ključne besede: komunikacija, medpoklicno sodelovanje, znanje, paliativna oskrba, starejša oseba, timski pristop.

SUMMARY

Introduction: Palliative care is a special area within the nursing care intended for terminally ill patients and their closest ones. The purpose of palliative care is to maintain the optimum quality of life. To achieve this, a team approach plays a significant role in this process. The aim of the research was to determine the level of knowledge about the functioning of interdisciplinary palliative team among health care professionals and health care work colleagues, and to identify the actual functioning of such team in its clinical settings.

Method: The research was based on a quantitative research approach. All the data were collected by using the interviewing technique. A non-random quota sample was used in the survey. 180 health care professionals and health care work colleagues participated in the survey, which accounts for 78 % sample realisation. All the data collected in the survey were processed with SPSS 23.0 statistical programme.

Results: 144 (80.1 %) of the respondents in social care institutions, irrespective of their age or gender, understand the term 'palliative care' as the care of patients suffering from an incurable disease and their closest ones. According to the data obtained, good interaction and relations prevail among members of a palliative team ($PV = 4.75$; $p < 0.05$), the team approach affects the quality of palliative care ($PV = 4.69$, $p < 0.05$), and equal partnership relationship has been built in the team ($PV = 4.69$; $p < 0.05$). The respondents assess their expert knowledge as very good ($PV > 4$ from 5).

Discussion: The survey shows that palliative care in social care institutions, despite its systemic disorganisation and a relatively slow progress, is nevertheless improving and paving its way. In order to establish and make an interdisciplinary palliative team functional among individual members, it is necessary to establish trust among the members. Trust provides the basis for respect and good interpersonal relationship. To assure the latter, it is necessary for healthcare professionals and healthcare work colleagues to acquire expert knowledge in the field of palliative care.

Originality: The outcome of the research shows that palliative teams are not organized within each social care institution. This outcome can be used as a starting point for further research which could also include other factors affecting the quality of life of terminally ill patients and their closest ones.

Restrictions / further research: The research restriction lies in the methodology used and the selected sample. Further research could be useful in the field of monitoring the establishment of interdisciplinary palliative teams in social care institutions, and the introduction of uniform guidelines and standardised tools to include humans in palliative care.

Key words: communication, interprofessional cooperation, knowledge, palliative care, elderly person, team approach