

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**OBRAVNAVA PACIENTA S PNEVMOTORAKSOM IN VLOGA
MEDICINSKE SESTRE PRI OSKRBI**

**TREATMENT OF PATIENT WITH PNEUMOTHORAX AND THE ROLE
OF NURSE IN CARE**

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POVZETEK

Uvod: Vodilni vzrok smrti pri mladih v Evropi so poškodbe. Najpogosteje gre za poškodbe, ki nastanejo kot posledica prometnih nesreč. Med najbolj ogrožajoče poškodbe spadata tenzijski pnevmotoraks, ki ga je potrebno razrešiti z razbremenilno torakalno punkcijo, in odprti pnevmotoraks. Z raziskavo smo želeli ugotoviti, kakšna je obravnava pacienta s pnevmotoraksom in vloga medicinske sestre pri njegovi oskrbi.

Metoda dela: Za izdelavo raziskovalnega dela smo uporabili kvantitativno deskriptivno metodo raziskovanja. Pridobivanje podatkov smo izvedli s tehniko anketiranja. Uporabili smo neslučajnostni namenski vzorec, v katerega smo vključili 80 članov timov v zdravstveni negi nujne medicinske pomoči. V popolnosti izpolnjenih je bilo 37 anketnih vprašalnikov, kar predstavlja 46 % realizacijo. Podatki so bili zbrani in obdelani s programom Microsoft Excel 2016.

Rezultati: Raziskava je pokazala, da se je 89 % anketiranih že srečalo s hudo poškodbo prsnega koša, ob tem so vedno upoštevali smernice mednarodnega združenja za oskrbo poškodovancev. Med znaki tenzijskega pnevmotoraksa so v povprečju posebej pozorni na slabo slišno dihanje na prizadeti strani (PV = 1,5; SO = 0,6) in hipersonoren poklep (PV = 1,5; SO = 0,7). 68 % anketiranih ima na voljo ustrezne pripomočke za oskrbo tenzijskega in odprtega pnevmotoraksa, 76 % bi kljub preseganju poklicnih aktivnosti z njimi samostojno izvedlo razbremenilno punkcijo. Med anketiranimi jih ima 64 % opravljen licenčni tečaj oskrbe poškodovancev, 95 % pa si želi še več dodatnih strokovnih izpopolnjevanj s področja pnevmotoraksa, med katerimi poseben pomen pripisujejo simulacijskim delavnicam na lutkah.

Razprava in sklep: V povprečju ugotavljamo dobro znanje o kliničnih znakih in oskrbi odprtega in tenzijskega pnevmotoraksa, prav tako tudi poznavanje in uporabo pripomočkov, ki jih imajo anketirani na voljo. Menimo, da je potrebno na področju obravnave poškodovanca s pnevmotoraksom v prihodnje storiti več predvsem na področju strokovnega izpopolnjevanja in sicer zlasti pri članih tima v zdravstveni negi, saj se od medicinske sestre v predbolnišničnem okolju pričakuje, da bo ustrezno strokovno usposobljena. Tudi anketiranci sami so izrazili željo po več strokovnih izpopolnjevanjih na delovnem mestu, več na tem področju pa morajo narediti tudi strokovna združenja in delodajalci.

Ključne besede: prsni koš, tenzijski pneumotoraks, odprti pneumotoraks, poškodba prsnega koša, travma

SUMMARY

Introduction: Injuries are the leading cause of death among youth in Europe. Most frequently, issues being a consequence of traffic accidents are at issue. Among most threatening injuries, tension pneumothorax is to be found, which needs to be resolved thoracic puncture and open pneumothorax. By investigation, we intended to find what is the patient's treatment by pneumothorax like and what is the role of nurse in his care.

Method of operation: For the operation of investigation work we applied the quantitative method of research. Attaining data was implemented by survey technique. We applied a non-random intentional survey, in which 80 team of health care in emergency medical services members were included, whereas only 37 survey questionnaires were completely filled, representing a 46 % realization. Data were collected and processed by program Microsoft Excel 2016.

Results: The investigation demonstrated that 89 % of the surveyed had experience with grave injury of the chest, always observing guidelines of the International Association for Care of the Injured. Among tension pneumothorax signs attention is paid particularly, on the average, to poorly heard breathing on the side affected (PV=1,5; SO=0,6) in hypersonic clasp (PV=1,5; SO=0,7). 68 % of the surveyed also dispose with appliances for care at tension and open pneumothorax. 76 % would implement by them disencumbering puncture independently, in spite of exceeding professional activities. Among the surveyed, 64 % have passed the license examination for care of the injured, whereas 95% are wishful of additional professional training in the area of pneumothorax, while particular significance is attributed to simulation workshops with puppets.

Discussion and conclusion: On the average, we find solid knowledge on clinical signs and care of open and tension pneumothorax, as well as being acquainted and using appliances are also at the disposal of the surveyed. We consider it necessary in the area of the treatment of the injured by pneumothorax in the future by way of education, primarily among team members in health care, s it is expected from nurses in pre-hospital environment to be appropriately professionally educated. The surveyed have expressed wish for further professional training on the job, where professional associations and employers need to achieve more.

Key words: thorax, tension pneumothorax, open pneumothorax, chest injury, trauma.