

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

CELOSTNA OBRAVNAVA PACIENTA, ODVISNEGA OD ALKOHOLA

**COMPREHENSIVE TREATMENT OF PATIENTS WITH ALCOHOL
DEPENDENCE**

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POVZETEK

Uvod: Odvisnost od alkohola prizadene celotno telo, saj poleg telesnih posledic sindrom odvisnosti od alkohola vpliva tudi na duševno stanje posameznika. Z raziskavo smo želeli ugotoviti, kako poteka celostna obravnava pacienta, odvisnega od alkohola.

Metoda: Uporabili smo kvantitativno paradigmo raziskovanja ter metodo deskripcije. Za instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni priročni vzorec, v katerega smo vključili 54 posameznikov, zdravljenih zaradi odvisnosti od alkohola: člane Društva za življenje brez odvisnosti Lipa Celje, Kluba zdravljenih alkoholikov Aljažev hrib, Celje in Društva Abstinent Vojnik. Anketni vprašalnik je izpolnilo 43 anketirancev, kar predstavlja 79 % realizacijo. Podatki so bili zbrani in obdelani z računalniškim programom Microsoft Excel.

Rezultati: 70 % anketiranih je odraščalo ob osebah, ki niso zlorabljale alkohola. V 42 % so se anketirani prvič srečali z alkoholno pijačo med 9. in 14. letom starosti. V 44 % so anketiranim prvič ponudili alkoholno pijačo prijatelji. Pri 19 % vprašanih je zasvojenost z alkoholom trajala 10 let. 49 % anketiranih je alkoholne pijače običajno uživalo v gostilni. 39 % jih je kot dejavnik, ki jih je privedel do zlorabe alkohola, navedlo njihovo družbo. V 29 % so zlorabljali alkohol zaradi prijetnega počutja. 67 % sodelujočih v raziskavi se je zdravilo na oddelku psihiatrične bolnišnice, 19 % v ambulantni skupini v okviru psihiatrične službe, 8 % jih je odgovorilo z drugo, 2 % v ambulantni skupini po socialno-andragoškem modelu, 2 % v skupini anonimnih alkoholikov in 2 % v KZZ. V 70 % je na odločitev za zdravljenje vplival partner. V procesu zdravljenja so v 91 % imeli dobre odnose z medicinsko sestro in 67 % njihovo delo ocenjuje kot zelo pomembno. 65 % jih ocenjuje svoje življenje po rehabilitaciji kot boljše. Polovica anketiranih je od 1 do 5 let že vključenih v KZA.

Razprava in sklep: Ugotavljamo, da socialno okolje posameznika s SOA v anketiranem vzorcu vpliva na razvoj te bolezni. Odvisni so po alkoholu večinoma posegali, da bi si izboljšali razpoloženje. V našem primeru večina anketiranih ni odraščala ob oseb, ki je zlorabljala alkohol, kar pomeni, da pri njih SOA ni neposredno povezan z odnosom oseb do alkohola, ob katerih posameznik odrašča. To je sicer v nasprotju s trditvijo nekaterih avtorjev, vendar pa je naš vzorec premajhen, da bi si upali ovreči to trditev. Za osebo s SOA je pomembno, da ob odločitvi za zdravljenje uživa podporo družbe, sodelavcev, družine, partnerja, ki je v našem primeru bil tisti, ki je najbolj vplival na odločitev posameznika za zdravljenje. Zdravljenje SOA se izvaja ambulantno ali bolnišnično. Na slednji način se je zdravila večina anketiranih, ki so hkrati prepoznali pomembnost vloge medicinske sestre v procesu zdravljenja. Večina jih je vključenih v nadaljevalno zdravljenje in zdaj ocenjujejo kakovost življenja kot boljše.

Ključne besede: odvisnost od alkohola, osebe s sindromom odvisnosti od alkohola, zdravstvena nega pacientov odvisnih od alkohola, zdravljenje odvisnosti od alkohola, recidiv.

SUMMARY

Introduction: Beside all physical side effects, alcohol dependence (AD) also causes various behavioural changes. With the research, we wanted to explore how the comprehensive treatment of patients with AD is conducted.

Method: The quantitative research approach was used for the thesis. In the theoretical part, we used the descriptive method by studying domestic and foreign literature. We used a structured questionnaire that consisted of 24 open and half-open questions. In the sample we included 54 individuals from the Association for life without dependency Lipa Celje, Club for recovering alcoholics Aljažev hrib Celje and Club Abstinent Vojnik. 43 survey questionnaires were returned, which represents a sample realization of 79 percent. The data was processed using Microsoft Excel.

Results: 70 % of respondents did not grow up with people abusing alcohol. 42 % of respondents first encountered alcoholic beverages between the ages of 9 and 14. 44 % of respondents were first offered an alcoholic beverage by a friend. With 19 % of respondents the AD lasted for 10 years. 49 % usually abused in restaurants. 39 % of respondents began to abuse alcohol because of the company they kept. In 29 % they abused alcohol because it made them feel good. 67 % of respondents were treated in a psychiatric hospital, 19 % in the outpatient clinic within the psychiatric service, 8 % answered other, 2 % in the outpatient clinic according to the socio-andragogical model, 2 % in the group of anonymous alcoholics and 2 % in the club of treated alcoholics. 63 % made their own decision to undergo treatment, for 70 % the most influential factor for this decision was their partner. In the process of treatment 91 % of respondents have had a good relationship with a nurse, 67 % are assessing their work as very important. 65 % evaluate their life after treatment as better. Half of the respondents are visiting support groups for alcoholics in treatment for a period between 1 and 5 years.

Discussion and conclusion: The obtained results indicate the influence of social environment on the development of AD. Alcohol dependents claim that alcohol consumption affects their mood and alleviates stress. In our case, we found out that the majority of respondents did not grow up with a person addicted to alcohol. The results of our research show that alcohol dependence syndrome is not directly related to the attitude towards alcohol of people the individuals grew up with, which is contrary to the claims of some authors, but our pattern is too small to rebut this claim with certainty. It is important that alcohol dependents has the support of his social circle, colleagues, family, partner, which was in our case the one that influenced the decision the most. The majority of respondents decided to enter into treatment in a psychiatric hospital, which recognized the role of a nurse in the process of treatment as important. Most of respondents are involved in the follow-up treatment and evaluate their quality of life as better.

Key words: alcohol addiction, persons with AD, alcoholics nursing care, treatment of AD, relapse.