

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**KAKOVOST ŽIVLJENJA OTROKA Z ASTMO**

**LIFE QUALITY OF CHILDREN WITH ASTHMA**

**Študentka: EMINA BEŠIĆ**

**Mentorica: pred. IVANKA LIMONŠEK, dipl. m. s., univ. dipl. org.**

**Somentorica: strok. sod. ANDREJA DOBERŠEK, dipl. m. s.**

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## POVZETEK

**Uvod:** Astma je kronična bolezen dihalnih poti, ki je najpogostejša v otroški dobi. Spremljajo jo simptomi kot so kašelj, piskanje v pljučih, dušenje, tudi izmeček in občasno tiščanje v prsnem košu. Vzrok za nastanek astme ostane velikokrat nepojasnen, najpogosteje gre za preobčutljivost na različne alergene. Z raziskavo smo želeli ugotoviti, kakšen vpliv ima astma na otrokovo kakovost življenja.

**Metoda:** Raziskava temelji na kvantitativni metodi raziskovanja, metodi deskripcije, sinteze in komparacije. Pridobivanje podatkov je potekalo s tehniko anketiranja, za zbiranje podatkov smo uporabili strukturirani anketni vprašalnik. Uporabili smo neslučajnostni namenski vzorec, v katerega smo vključili 50 staršev otrok z astmo, ki so bili naročeni na kontrolni pregled v Alergološko-pulmološko ambulanto Splošne bolnišnice Celje. Od posredovanih 50 anketnih vprašalnikov smo dobili vrnjenih 50, kar predstavlja 100 % realizacijo. Podatke smo analizirali s pomočjo programa Microsoft Excel 2016.

**Rezultati:** Ugotovili smo, da 62 % anketirancev trdi, da je njihov otrok že bil hospitaliziran zaradi poslabšanja astme. 94 % anketiranih je odgovorilo, da je njihov otrok zaradi poslabšanja astme odsoten od pouka vsaj en ali več dni v letu. 42 % staršev navaja, da njihov otrok ni omejen pri nobeni aktivnosti. 88 % anketiranih misli, da njihov otrok nima težav glede zaprtosti vase. Anketiranci so mnenja, da so največ informacij glede astme prejeli s strani zdravnika ( $5 \pm 0$ ). 90 % anketiranih meni, da ima medicinska sestra pomembno vlogo pri obravnavi otroka z astmo. 80 % anketiranih je mnenja, da so s strani medicinske sestre prejeli zadostno količino informacij.

**Razprava in sklep:** Astma pri otroku vpliva na njegovo življenje in življenje družine. Največji vpliv se kaže na fizičnem področju, manj pa psihičnem. Vloga medicinske sestre je velika, saj ima pomembno vlogo pri edukaciji, podajanju informacij, kar vpliva na seznanjenost staršev o astmi, le-to pa na kakovost življenj.

**Ključne besede:** astma, kakovost, otroci, zdravstvena vzgoja, diplomirana medicinska sestra

## SUMMARY

**Introduction:** Asthma is a chronic disease of the airways, which most often occurs in childhood. It is accompanied by cough, whistling sound, phlegm and occasional chest tightness. Asthma triggers are often unexplained, its most common cause is a heightened sensitivity to substances that cause allergy. The objective of the research is to find out the effect asthma has on the child's quality of life.

**Method:** The research involves quantitative method, description, synthesis and comparing. Data were collected using surveys, we used a structured questionnaire. We used purposive sampling, where 50 children with asthma were included. These children had an appointment at the Allergology and Pulmonology centre Celje. 50 questionnaires were distributed and 50 questionnaires were returned which means 100% realization. Data were analysed in Microsoft Excel 2016.

**Results:** We found out that 62% of interviewees claimed their child had been hospitalised because of asthma worsening. 94% of interviewees answered their child had missed school lessons at least one or more days in a year. 42% of parents said their child's activity hasn't been limited. 88% of interviewees thought their child wasn't introverted. Interviewees stated they had received the most information about asthma from the doctor ( $5 \pm 0$ ). 90% of interviewees thought the nurse has an important role in the treatment of children with asthma. 80% of interviewees believed they had been given enough information from the nurse. **Discussion and conclusion:** Asthma in a child affects his life and the family life. Asthma mostly affects physical health and less mental health. The role of the nurse is significant because it has an important role in education and informing, which affects familiarity of parents with asthma and therefore it affects the quality of life.

**Key words:** asthma, quality, children, health education, graduate nurse