

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**POZNAVANJE PALIATIVNE OSKRBE V SOCIALNO VARSTVENIH
ZAVODIH V ZASAVJU**

KNOWLEDGE PALLIATIVE CARE IN NURSING IN ZASAVJE

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IZVLEČEK

Uvod: Paliativna oskrba v zadnjih letih počasi pridobiva na prepoznavnosti, najsi bo v javnosti, zdravstvenih ustanovah ali v socialno varstvenih zavodih. Njen namen je izboljšati kakovost življenja pacientov ves čas prisotnosti neozdravljive bolezni in se nadaljuje v procesu umiranja, smrti in žalovanja. Namen diplomskega dela je predstaviti poznavanje paliativne oskrbe zaposlenih v domovih starejših občanov v Zasavju.

Metoda: Pri raziskavi smo uporabili kvantitativni raziskovalni pristop, metodo deskripcije. Uporabili smo tehniko anketiranja. Za izvedbo raziskave smo uporabili strukturiran instrument v obliki anketnega vprašalnika. Anketni vprašalnik smo oblikovali na podlagi pregleda strokovne literature. Uporabili smo neslučajnostni, priložnostni vzorec, v katerega smo vključili 50 izvajalcev zdravstvene nege in oskrbe v socialno varstvenem zavodu. Raziskava je bila izvedena v Domu starejših občanov Hrastnik, Domu starejših občanov Polde Eberl-Jamski Izlake in Trubarjevem domu upokojencev Loka pri Zidanem Mostu. Vrnjenih je bilo 43 anketnih vprašalnikov, kar predstavlja 86% realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Excel.

Rezultati: Rezultati naše raziskave so pokazali relativno dobro poznavanje osnov paliativne oskrbe v teh treh domovih, vendar so prepoznavna, ocena in ukrepanje pri znakih in simptomih v zgodnjem obdobju umiranja in zadnjem obdobju življenja slabi. Večina rezultatov je prikazanih primerjalno, za srednje medicinske sestre v modri barvi in diplomirane medicinske sestre v rdeči barvi, in kažejo, da stopnja izobrazbe vpliva na poznavanje paliativne oskrbe.

Razprava in sklep: Ugotovili smo, da je razlog za relativno dobro poznavanje osnov paliativne oskrbe premalo kompleksen in poglobljeno sestavljen merski inštrument. Tudi raziskovalni vzorec je premajhen, predvsem diplomiranih medicinskih sester, da bi lahko pridobljene rezultate posploševali. Pravočasna prepoznavna, ocena in obravnava možnih znakov in simptomov v različnih obdobjih paliativne oskrbe je zelo pomembna za zdravstvene delavce, zaposlene v domovih starejših občanov.

Ključne besede: paliativna oskrba, paliativna oskrba v socialno varstvenih zavodih, vloga medicinske sestre, znaki in simptomi v paliativni oskrbi.

ABSTRACT

Introduction: Palliative care has been slowly gaining recognition over the past few years, whether it should be in the public, in health care institutions or in social care institutions. Its purpose is to improve the quality of life of patients throughout the presence of an incurable disease and continue in the process of dying, death and mourning. The aim of the graduation thesis is to present the knowledge of palliative care staff in homes for the elderly in Zasavje region.

Method: In the research we used a quantitative research approach, the method of description. We used the survey technique. A structured instrument in the form of a questionnaire was used to carry out the research. The questionnaire was designed on the basis of a review of the scientific literature. A non-random, casual sample, in which we included 50 providers of health care and care in the social welfare institution was used. The research was carried out at the Hrastnik senior citizens home, the senior citizens home Polde Eberl - Jamski Izlake and the Trubar retirement home Loka near Zidani Most. We got returned 43 structured instruments, which represents 86% of the realization of the sample. Data were collected and processed using Microsoft Excel.

Results: The results of our research have shown a relatively good knowledge of the basics of palliative care in these three homes, but the recognition, evaluation and response to signs and symptoms in the early period of dying and the last period of life is poor. Most of the results are shown in a comparative way, for nurses with a secondary education in blue and nurses with a university education in red and showing that the level of education affects the knowledge of palliative care.

Discussion and conclusion: We found that the reason for a relatively good knowledge of the basics of palliative care is a lack of a complex and deep-drawn composite instrument. The research sample is too small, especially nursing graduates, for a generalization of the results. Timely identification, assessment and treatment of possible signs and symptoms in different periods of palliative care is very important for healthcare workers employed in elderly homes.

Key words: Palliative care, palliative care in social care institutions, the role of a nurse, signs and symptoms in palliative care.