

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**ETIČNE DILEME IZVAJALCEV ZDRAVSTVENE NEGE V PALIATIVNI
OSKRBI**

**ETHICAL DILEMMAS OF NURSING CARE PROVIDERS IN
PALLIATIVE CARE**

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POVZETEK

Uvod: Sistemsko urejena in dostopna paliativna oskrba je odgovor na potrebe današnje družbe. Izvajalci zdravstvene nege se pri svojem delu v paliativni oskrbi srečujejo z različnimi etičnimi dilemami. Namen raziskave je bil ugotoviti, s katerimi etičnimi dilemami se v paliativni oskrbi najpogosteje srečujejo izvajalci zdravstvene nege.

Metoda: Raziskava je temeljila na kvantitativnem raziskovalnem pristopu, metodi deskripcije, kompilacije in sinteze. Za merski instrument je bil uporabljen strukturiran anketni vprašalnik, ki je bil oblikovan na podlagi pregleda strokovne in znanstvene literature. Uporabili smo neslučajnostni, priložnostni vzorec, v katerega smo vključili izvajalce zdravstvene nege v paliativni oskrbi. Od skupno razdeljenih devetdeset (90) anketnih vprašalnikov je bilo pravilno izpolnjenih in vrnjenih enainosemdeset (81), kar pomeni 90-odstotno realizacijo vzorca. Pridobljeni podatki so bili obdelani z računalniškima programoma Microsoft Excel in SPSS 23.0.

Rezultati: Kot temelj svojega etičnega ravnanja 84 odstotkov anketiranih navaja potrebe in želje pacientov, 79 odstotkov anketiranih svoje delo gradi na Kodeksu etike v zdravstveni negi in oskrbi Slovenije (2014) ter 75,3 odstotka na pravicah umirajočih pacientov. Statistično značilno nižjo raven izobrazbe imajo anketiranci, ki na odprto vprašanje, katera etična načela v paliativni oskrbi poznajo, niso odgovorili (30,9 %). Pri oceni doživljanja stresa pri zdravstveni negi hudo bolnega in umirajočega pacienta so rezultati pokazali statistično značilno povezanost z izobrazbo ($p=-0,284$, $p=0,010$). Z višanjem stopnje izobrazbe izvajalcev zdravstvene nege se zmanjšuje ocena doživetega stresa pri izvajanju zdravstvene nege hudo bolnega in umirajočega pacienta. Prav tako ima višja raven izobrazbe pomembno vlogo pri samokritični oceni izvajalcev zdravstvene nege o potrebah po dodatnih znanjih s področja komunikacije v paliativni oskrbi.

Diskusija in sklep: Izvajalci zdravstvene nege, ki se srečujejo s paliativno oskrbo, potrebujejo dodatna znanja in pomoč ter sistemsko urejeno pomoč ob soočanju z etičnimi dilemami v paliativni oskrbi. Na etične dileme, s katerimi se izvajalci zdravstvene nege soočajo pri svojem delu v paliativni oskrbi, bolj kompleksno in lažje odgovarjajo tisti z višjo ravno izobrazbe. Prepoznati je potrebno nujnost formalnega izobraževanja na vseh ravneh, ki je trenutno v našem prostoru še na začetku.

Ključne besede: paliativna oskrba, zdravstvena nega umirajočega, etične dileme, umiranje, izvajalci zdravstvene nege.

SUMMARY

Introduction: Systemically organized and accessible palliative care is an answer to needs of today's society. The nursing care providers are faced with various ethical dilemmas in their work in palliative care. Purpose of the research was to determine which are the ethical dilemmas in palliative care the nursing care providers are most frequently faced with.

Method: The research was based on quantitative research approach, method of description, compilation and synthesis. As the measurement instrument, we used a structured survey questionnaire, which was designed on the basis of an overview of the professional and scientific literature. We used a non-random, casual sample, which included nursing care providers in palliative care. From ninety (90) distributed survey questionnaires, eighty-one (81) were filled out correctly and sent back, which equals to 90-percent realization of the sample. The acquired data was processed with computer programs Microsoft Excel and SPSS 23.0.

Results: As a basis of their ethical conduct, 84 percent of the questioned list the needs and wishes of patients, 79 percent of the questioned build their work on the Code of Ethics in Nursing Care of Slovenia (2014) and 75.3 percent on the rights of dying patients. Statistically significant lower levels of education have the questioned, who have not answered the open-ended question on which ethical principles in palliative care they are familiar with (30.9%). In assessing the experienced stress in caring for seriously ill and dying patient, the results revealed statistically significant correlation to education ($p=-0.284$, $p=0.010$). With higher levels of education of the nursing care providers, the assessment of experienced stress is decreasing when caring for seriously ill and dying patient. Also, a higher level of education has an important role in self-critical assessment of the nursing care providers on the needs of additional skills in communication in palliative care.

Discussion and conclusion: Nursing care providers facing palliative care, need additional knowledge and help, and systematically regulated help when facing ethical dilemmas in palliative care. Nursing care providers with higher level of education respond more complex and easier to ethical dilemmas they are faced with in their work in palliative care, than those with lower level of education. We must recognize the necessity of formal education at all levels, which in our area is currently at the start.

Key words: palliative care, nursing care of dying patients, ethical dilemmas, dying, nursing care providers.