

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**IZKUŠNJE IZVAJALCEV ZDRAVSTVENE NEGE Z OBRAVNAVO
PACIENTOV ODVISNIH OD ALKOHOLA**

**EXPERIENCE OF EMPLOYEES IN NURSING CARE WITH PATIENTS
TREATMENT IN ALCOHOL ADDICTION**

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**Študijski program: VISOKOŠOLSKI STROKOVNI ŠTUDIJSKI
PROGRAM ZDRAVSTVENA NEGA**

CELJE, 2018

POVZETEK

Uvod: Prehojena pot odvisnega od alkohola je težka in prav tako je težka tudi njegova pot zdravljenja. Vsak, ki se zdravi zaradi odvisnosti od alkohola, se mora zavedati, da samo abstinenca še ne pomeni ozdravitve, ampak le osnovo za prebroditev težav, da bi se utrdil in si ponovno pridobil samospoštovanje in ugled v družini in družbi. Pri tem imajo zaposleni v zdravstveni negi pomembno vlogo, saj sodelujejo pri zdravljenju odvisnih na vseh ravneh zdravstvene obravnave.

Z raziskavo smo želeli ugotoviti, kakšne izkušnje imajo izvajalci zdravstvene nege na primarni ravni z obravnavo pacientov odvisnih od alkohola.

Metoda: Raziskava je temeljila na kvantitativni metodi raziskovanja, uporabili smo deskriptivno metodo dela. Pridobivanje podatkov je potekalo s tehniko anketiranja. Anketni vprašalnik smo oblikovali na osnovi pregledane literature. Uporabili smo neslučajni in priložnostni vzorec, v katerega smo vključili štirideset medicinskih sester Zdravstvenega doma Celje in Zdravstvenih postaj Vojnik, Dobrna in Štore. Vrnjenih smo dobili 37 vprašalnikov, kar predstavlja 92,5 % realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel.

Rezultati: Najpogostejši dejavniki, ki pripeljejo posameznika do pitja alkohola, so po mnenju anketiranih, ki so lahko izbrali več možnih odgovorov, v 73 % druženje s pivskimi prijatelji, v 65 % izguba službe ali partnerja in v 59 % nerazumevanje v družini. Izvajalci zdravstvene nege na primarni ravni v 78 % ugotavljajo pivski status pri vsakem pacientu, 59 % pa samo pri preventivnem pregledu pacienta. Tvegano oz. škodljivo pitje alkohola odkrivajo v 97 % s pogovorom in v 54 % z različnimi preiskavami. Ko opazijo problem morebitne zasvojenosti, je v 76 % prvi korak pogovor s pacientom in v 19 % posvet z zdravnikom. Anketirani svoje znanje in usposobljenost prepoznavanja in ukrepanja ocenjujejo kot dobro ali prav dobro.

Razprava in sklep: Z raziskavo smo ugotovili, da je alkoholna problematika bolj opazna pri moškem spolu in da so to v večini primerov pacienti, ki imajo srednješolsko izobrazbo. Kadar jim omenimo prekomerno uživanje alkohola, se največkrat branijo z zanikanjem. Zdravljenje odvisnosti je dobra naložba za nadaljnje življenje, saj brez zdravljenja posameznik uničuje svoje življenje in življenja svojih bližnjih, zato je pomembna temeljita sprememba v življenju posameznika in družine. Izvajalci zdravstvene nege so mnenja, da problem odvisnosti od alkohola v Sloveniji ni dovolj poznan in dobro predstavljen, sistem odkrivanja in zdravljenja odvisnosti od alkohola pa je dobro zastavljen in učinkovit. Vloga medicinske sestre v zdravstveni obravnavi pacienta odvisnega od alkohola je ključna, a potrebuje dodatna znanja, saj sodeluje v celotni obravnavi pacienta odvisnega od alkohola.

Ključne besede: alkohol, odvisnost, obravnava pacienta, medicinska sestra

SUMMARY

Introduction: Every alcohol addict has a long and tough way to go through in order to recover. They should know that alcohol abstinence is only the first step toward recovery, during which the person gains back his strength and personal reputation. Care workers play an important role in this first step, as they have a medical and educational approach to recovery. Health education is a part of health promotion and disease prevention in all stages of life.

With the research we wanted to determine care workers' experiences with the treatment of alcoholic patients at the primary level.

Method: The research was based on quantitative method approach, the descriptive method. The collection of data was based on survey. Survey questionnaire was the research instrument, which was designed according to reviewed literature. We used non-random and convenience sampling: 40 nurses from Primary Health Centers Celje, Vojnik, Dobrna and Štore participated in the research. We distributed 40 questionnaires and 37 of them were completed and sent back. The completed questionnaires represent 92,5% sample realization. Data were collected and analyzed with Microsoft Office Excel.

Results: The most frequent factors that contribute to alcohol consumption, according to the interviewees who could choose more than one answer, are the following: socializing with drinking buddies (73%), job loss or loss of a spouse (65%) and family conflicts (59%). In 78% care workers identify alcohol consumption with every patient and in 59% only with patients who go through a preventive medical check-up. In 97% alcohol abuse is revealed by conversation and in 54% it is detected by medical examination. When care workers detect a potential addiction problem, in 76% the first step is to talk to the patient and in 19% a medical consultation with a doctor takes place. At the primary level, interviewees self-evaluate their knowledge and qualification of identifying and taking measures as good or very good.

Discussion and conclusion: We conclude that alcoholism is more common among men, namely patients with high school education. When one introduces them the harmful effects of alcohol, they defend themselves by denying its consumption. Treatment of alcoholism is a good investment for the future, as refusing to join one is destroying an individual's life and the life of his close ones. Therefore, a thorough change in life of an individual and his family is necessary. Care workers think that the problem of alcoholism is not known and presented very well in Slovenia. However, they also think the system of detecting and treating alcohol addiction is well worked-out and efficient. Role of a care worker is crucial in medical treatment of an alcoholic; however, care workers need additional knowledge as they take part in the integrated treatment of a patient.

Keywords: alcohol, addiction, patient treatment, care worker, nurse