

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**REHABILITACIJA PACIENTOV PO PREBOLELEM MIOKARDNEM
INFARKTU**

REHABILITATION AFTER MYOCARDIAL INFARCTION

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POVZETEK

Uvod: Srčno-žilna obolenja, kamor sodi tudi miokardni infarkt, predstavljajo glavni vzrok umrljivosti. Najbolj učinkovita preventiva pred nastankom bolezni je upoštevanje smernic zdravega načina življenja, kar je tudi temelj pri rehabilitaciji pacientov po prebolelem miokardnem infarktu. Namen raziskave je ugotoviti spremembo življenjskega sloga pacientov po prebolelem miokardnem infarktu.

Metoda: Raziskava je temeljila na kvalitativni metodi raziskovanja ter metodi deskripcije. Za osnovno tehniko raziskave smo uporabili polstrukturirani intervju, ki je zajemal 17 vprašanj odprtega tipa. Vprašanja smo sestavili na podlagi pregleda domače in tuje literature. V raziskavo smo vključili štiri naključno izbrane osebe, ki so prebolele akutni miokardni infarkt. Pri obdelavi podatkov smo v celoti sledili smernicam kvalitativne statistične analize.

Rezultati: Pri analizi intervjujev smo prepoznali glavno kategorijo – rehabilitacija pacientov po prebolelem akutnem miokardnem infarktu – in podkategorije – dejavniki tveganja, sprememba načina življenja, vloga medicinske sestre in vloga svojcev. Za vsako podkategorijo smo prepoznali kode. Glavna spoznanja raziskave so, da so vsi vključeni imeli vsaj enega ali več dejavnikov tveganja, največ je povezanih z nezdravim življenjskim slogom, po preboleli bolezni si vsi prizadevajo k spremembi načina življenja, predvsem zaradi strahu pred ponovitvijo bolezni oz. smrtjo, podpora svojcev je pomembna predvsem pri opravljanju fizičnih opravil, vloga medicinske sestre pa je predvsem zdravstveno vzgojna.

Razprava in sklep: Z raziskavo ugotavljamo, da nastanek miokardnega infarkta lahko pripišemo nezdravemu življenjskemu slogu, ki ga pacienti v veliki meri uspešno spremenijo po preboleli bolezni. Ugotavljamo, da je strah pred ponovitvijo bolezni oz. smrtjo glavni razlog, da pacienti pričnejo z bolj zdravim načinom življenja. Ugotavljamo tudi, da ob odpustu iz bolnišnice pacienti dobijo skope informacije v zvezi z nadaljnjim življenjem, za kar bi morala poskrbeti medicinska sestra. Predlagamo, da bi pred odpustom iz bolnišnice za paciente uvedli kratko izobraževanje o življenju po prebolelem miokardnem infarktu.

Ključne besede: akutni miokardni infarkt, rehabilitacija pacienta, zdravstvena vzgoja pacienta, sprememba načina življenja

SUMMARY

Introduction: Cardiovascular diseases, which include myocardial infarction, are the leading cause of death. The most effective prevention is a healthy way of life which is also a crucial part of the recovery process for the patients who suffered from a myocardial infarction. The aim of this research is to examine the change of lifestyle of the patients who suffered from a myocardial infarction.

Methodology: Both quantitative and descriptive research methods were used in this paper. A semi-structured interview composed of 17 open-ended questions was used as the basic method of the research. The questions were prepared with the help of both domestic and foreign literature. The research was conducted on four randomly selected persons who recovered from an acute myocardial infarction. Data processing completely followed the guidelines of the qualitative statistical analysis.

Results: The interview analysis revealed the main category – recovery of the patients who suffered from an acute myocardial infarction and subcategories: risk factors, change of lifestyle, the role of a nurse and family. Each subcategory revealed patterns. The research showed that all participants had at least one risk factor, the most common being connected with unhealthy lifestyle, after recovery everyone focused on changing their lifestyle, particularly out of fear of death or disease recurrence, support of their family plays an important role in helping with physical labour, and the role of a nurse is mostly to provide healthcare education.

Discussion and conclusion: The research suggests that the myocardial infarction is a result of unhealthy lifestyle which the patients mainly change after they have recovered. According to the research, the fear of disease recurrence or death is the main reason why the patients start with a healthier lifestyle. Furthermore, the patients are given barely sufficient informational guidelines for their future lifestyle after they have been discharged from the hospital, for which the nursing staff should be responsible. The paper suggests the patients should have a short educational course concerning life after myocardial infarction.

Keywords: acute myocardial infarction, patient recovery, patient health awareness, change of lifestyle