

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**USPOSOBLJENOST MEDICINSKIH SESTER ZA OBRAVNAVO
MLADOSTNIKOV Z ALKOHOLNO ZASTRUPITVIJO**

**QUALIFICATIONS OF NURSES RESPONSIBLE
FOR TREATMENT OF ADOLESCENTS WITH ALCOHOL
INTOXICATION**

Študentka: PETRA CESNIK

Mentorica: viš pred. mag. HILDA MAZE, dipl. m. s., univ. dipl. org.

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

CELJE, 2019

POVZETEK

Uvod: V zdravstveni obravnavi mladostnikov, ki jih zaradi zastrupitve z alkoholom privedejo na urgenco, je potreben timski pristop. Medicinska sestra potrebuje veliko strokovnega znanja in izkušenj za ustrezno triažo, za vse aktivnosti zdravstvene nege v nadaljnji obravnavi in za zdravstveno vzgojno delo z mladostniki pred odpustom. Z raziskavo smo želeli ugotoviti, kakšna je usposobljenost medicinskih sester za obravnavo mladostnikov z alkoholno zastrupitvijo.

Metoda: Uporabili smo kvantitativno metodo raziskovanja, metodo deskripcije. Uporabljena je bila tehnika anketiranja, instrument raziskave je bil strukturiran vprašalnik. Razdelili smo 48 vprašalnikov, pravilno izpolnjenih in primernih za analizo je bilo 46, kar predstavlja 95,8-odstotno realizacijo. Podatki so bili obdelani z računalniškim programom Microsoft Office Excel 2016.

Rezultati: Največ (26 ali 56,5 %) anketiranih je sodelovalo pri obravnavi mladostnika z alkoholno zastrupitvijo desetkrat ali večkrat. Večina pozna klinične znake zastrupitve z alkoholom, v povprečju menijo, da sta pri obravnavi mladostnika z alkoholno zastrupitvijo zelo pomembni merjenje vitalnih znakov (PV = 4,86; SO = 0,52) in opazovanje stanja zavesti (PV = 4,83; SO = 0,36). Največ problemov imajo pri motivacijskem pogovoru z mladostnikom o njegovih pivskih navadah in o spremembi življenjskega sloga (PV = 4,66; SO = 0,22), najmanj težav pa jim povzročata merjenje vitalnih znakov in interpretacija rezultatov (PV = 1,11; SO = 0,28). Med anketiranimi jih je samo 6 (13,0 %) pridobilo dodatno znanje za obravnavo mladostnika z alkoholno zastrupitvijo, med njimi vsi s samoizobraževanjem. V povprečju se povsem strinjajo, da bi k zmanjšanju problematike uživanja alkohola pri mladostnikih najbolj pripomogli z več vsebinami o škodljivosti alkohola na ravni srednješolskega izobraževanja (PV = 4,91; SO = 0,24).

Razprava in sklep: Pogoji za uspešno obravnavo mladostnika z alkoholno zastrupitvijo so ustrezna triaža, nadzor nad vitalnimi funkcijami, opazovanje zavesti in pravočasno reagiranje na spremenjeno klinično sliko. Ugotovitve raziskave kažejo, da so anketirani kljub temu, da se jih je na tem področju le malo dodatno izobraževalo, strokovno dobro usposobljeni za obravnavo mladostnikov z alkoholno zastrupitvijo, manj pa za zdravstveno vzgojno delo s temi mladostniki, vključno z motivacijskim pogovorom po iztreznitvi. Za te vsebine bi bilo nujno potrebno izvesti izobraževanje v bolnišnici za vse zaposlene, ki sodelujejo pri obravnavi mladostnikov z omenjeno zastrupitvijo.

Ključne besede: mladostnik, alkohol, zastrupitev, nujna medicinska pomoč, medicinska sestra

SUMMARY

Introduction: In the health care procedure offered to the adolescents who are brought to the emergency unit due to alcohol intoxication a team approach is needed. The nurse needs to have a lot of professional knowledge and experiences in order to do a triage, for all the following health care activities including the educational role. In this research we wanted to find out what the qualifications of the nurse for doing this work are.

Method: We used the quantitative method of research, the method of description. We used the questionnaire technique, the instrument of the research was a structured questionnaire. We handed out 48 questionnaires. 46 of them were correctly filled out and thus appropriate for analysis. This represents a 95,8 % realization. The data were processed by means of the Microsoft Office Excel 2016 program.

Results: The majority (26 or 56,5 %) of the interviewees has already been involved, 10 or more times, in the treatment of an adolescent suffering from alcohol intoxication. The majority know the clinical symptoms of alcohol intoxication. On average they are of the opinion that in treating such a patient it is very important to measure the vital signs (AV = 4,86; SD = 0,52) and to monitor the state of consciousness (AV = 4,83; SD = 0,36). The biggest challenge for them is the motivational talk they have with the patient about their drinking habits and about a change of their lifestyle (AV = 4,66; SD = 0,22). The easiest part of their work is measuring the vital signs and interpreting the results (AV = 1,11; SD = 0,28). Among the interviewees there were only 6 of them (13,0 %) who had gained additional knowledge of the treatment of the adolescent suffering from alcohol intoxication. These 6 individuals were self-taught. On average, they all agree that in order to make the problem smaller the adolescent in high school should be informed, as part of the curriculum, about the damaging effects of alcohol abuse (AV = 4,91; SD = 0,24).

Discussion and conclusion: The conditions for an effective treatment of an adolescent suffering from alcohol intoxication are the appropriate triage, monitoring of the vital functions and consciousness and an immediate reaction to a changed clinical picture. The results of the research show that the interviewees, despite the fact that only a few have gained additional professional knowledge, are professionally well-trained for treating the adolescents suffering from alcohol intoxication. They lack some additional professional knowledge for medical-educational treatment of the adolescents including the motivational talk carried out after the patients have regained their sobriety. Thus the additional education should be carried out for all the medical staff who participate in treating the adolescents suffering from alcohol intoxication.

Key words: adolescent, alcohol, intoxication, emergency medical care, nurse