

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**ŽIVLJENJE PACIENTOV, ZDRAVLJENIH S PERITONEALNO
DIALIZO**

LIFE OF PATIENTS UNDERGOING PERITONEAL DIALYSIS

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POVZETEK

Uvod: Zdravljenje s peritonealno dializo je ena od možnosti zdravljenja pri končni odpovedi ledvic. Ta način nadomestnega zdravljenja je primeren za aktivne paciente in tiste, ki se pripravljajo za transplantacijo ledvice. Z raziskavo smo želeli ugotoviti kakovost življenja pacientov, ki se zdravijo s peritonealno dializo.

Metoda: Uporabili smo kvalitativno metodo raziskovanja, t. i. metodo utemeljene teorije. Instrument raziskave je bil polstrukturiran intervju z 12 vprašanji, ki smo jih oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, namenski vzorec. V intervjuju so sodelovali štiri pacienti s kroničnim ledvičnim obolenjem, ki se zdravijo s peritonealno dializo in izpolnjujejo vključitvena merila raziskave vsi so starejši od 40 let, najmanj 12 mesecev se zdravijo s peritonealno dializo in živijo v domačem okolju. Vsi intervjuvani so podali informirano soglasje za sodelovanje v raziskavi.

Rezultati: Pri analizi intervjujev smo ugotovili, da so se ti pacienti odločili za peritonealno dializo predvsem z razlogom, da so neodvisni, da imajo več prostega časa, da lahko zdravljenje izvajajo doma, in si tako ohranjajo svoje ožilje. Pri enem pacientu pa ni bilo mogoče narediti arteriovenske fistule na roki. Pacienti so kot prednosti peritonealne dialize navedli neodvisnost, mobilnost, manj strogo dieto, večjo izbiro potovanj ter ohranjanje diureze. Slabosti peritonealne dialize so omenili trije od sodelujočih v intervjuju, in sicer sta dva intervjuvana pacienta omenila peritonitis, eden intervjuvan pacient pa je omenil peritonitis in slabšo funkcijo peritoneja. Vsi intervjuvani pacienti so se udeležili predializnega poučevanja, zato so bili dobro seznanjeni o nadomestnem zdravljenju.

Razprava in sklep: Z raziskavo smo ugotovili, da je predializno poučevanje pacientov s končno odpovedjo ledvic zelo pomembno, saj so jim predstavljene vse tri možnosti nadomestnega zdravljenja. Le dobro poučen in seznanjen pacient bo namreč lahko izbral vrsto nadomestnega zdravljenja, ki bo najmanj ohromila kakovost njegovega nadaljnega življenja. Zdravljenje s peritonealno dializo ima tako prednosti kot tudi slabosti, s katerimi je treba seznaniti pacienta.

Ključne besede: kronična ledvična odpoved, peritonealna dializa, kakovost življenja, medicinska sestra.

ABSTRACT

Introduction: Treating patients with peritoneal dialysis is one of the treatment options in case of end-stage renal disease. This type of replacement therapy is suitable for active patients and those who are preparing for a kidney transplant. The aim of the research was to determine the quality of life of patients undergoing peritoneal dialysis treatment.

Method: A qualitative research method was used in the thesis, i.e. the method of grounded theory. The research instrument was a semi-structured interview involving 12 questions that were formulated on the bases of the literature review in the field of peritoneal dialysis. We used a non-random, purposive sample. Four patients were included in the research, all of them suffering from chronic renal failure and undergoing peritoneal dialysis treatment. Before doing the research, all four patients met the required inclusion criteria, i.e. they were older than 40 years of age, they had been treated with peritoneal dialysis at least twelve months prior to the research, and they were living in their home environment during the treatment. All interviewees gave an informed consent to participating in the research.

Results: Our interview analysis showed that the interviewed patients had decided for peritoneal dialysis mainly because they felt more independent, they had much more free time and performed their medical treatment in their home environment, and they maintained the state of their blood vessels. In case of one of the interviewees, it was impossible to perform arteriovenous fistula on his arm. As advantages of peritoneal dialysis, the interviewed patients indicated independence, mobility, less strict diet, a greater choice of travel possibilities and maintaining the level of diuresis. Three of the interviewees also indicated some disadvantages of peritoneal dialysis; two of them mentioned peritonitis, and one of them mentioned peritonitis and worsening of the peritoneal function. All four interviewees had participated in pre-dialysis education, so they all were well informed about the replacement therapy.

Discussion and conclusion: Our research shows that pre-dialysis education of patients with end-stage renal disease is essential, since it provides three options of replacement therapy. Only a well-informed patient who is familiar with the treatment and its most obvious consequences will be able to choose one of the three available replacement therapies, the one that can at least deteriorate the quality of their life. Peritoneal dialysis treatment has its benefits and drawbacks as well, and patients must be well informed about all of them.

Key words: chronic renal failure, peritoneal dialysis, the quality of life, nurse