

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**UČINKOVITOST OBRAVNAVE PACIENTOV V PREVENTIVI
KRONIČNIH NENALEZLJIVIH BOLEZNI V LOKALNI SKUPNOSTI**

**EFFICIENCY OF THE PATIENT'S TREATMENT IN
PREVENTION OF CHRONIC NON-COMMUNICABLE DISEASES IN
THE LOCAL COMMUNITY**

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POVZETEK

Uvod: Skrb za lastno zdravje je danes ključno vodilo pri preventivi kronično nenalezljivih bolezni. Patronažne medicinske sestre imajo možnost spremljanja pacientov s kronično nenalezljivo boleznijo v domačem okolju, kar omogoča vzpostavitev pristnega odnosa s pacientom in njegovo družino ter njihovo povezovanje s skupnostjo. Namen raziskave je ugotoviti smiselnost in učinkovitost preventivnih obiskov in delovanja patronažnih medicinskih sester v skupnosti.

Metode dela: Uporabili smo kvalitativno metodo raziskovanja, metodo analize besedila. Za pridobivanje podatkov smo izvedli intervjuje v obliki fokusnih skupin. Uporabljen je bil neslučajnostni, namenski vzorec, ki je obsegal tri patronažne medicinske sestre, tri zdravnike specialiste družinske medicine ter tri paciente s kroničnimi nenalezljivimi boleznimi. Zbrani podatki so bili analizirani s programom Atlas.ti.

Rezultati: Na osnovi analize podatkov smo oblikovali pet kategorij: vpliv dela medicinskih sester na zdravje pacientov, vpliv nalog medicinskih sester na zdravje pacientov, vloga medicinskih sester v skupnosti, način ustvarjanja zdravstveno-socialne mreže za pacienta in sodelovanje zdravnikov in pacientov z medicinskimi sestrami.

Razprava in sklep: Intervjuvanci so mnenja, da sta najpomembnejši nalogi patronažnih medicinskih sester zdravstvena vzgoja ter zgodnje odkrivanje dejavnikov tveganja. Vlogo medicinskih sester v skupnosti prepoznajo kot povezovalno med zdravstvenimi zavodi ter drugimi ustanovami v lokalni skupnosti. Za krepitev zdravja je ključno povezovanje zdravstveno-socialnih struktur v skupnosti, ki ga lahko koordinira medicinska sestra. Z raziskavo smo ugotovili, da bi bilo za učinkovitejšo obravnavo pacientov treba povečati število zdravnikov in medicinskih sester, s čimer bi se povečal čas za obravnavo posameznega pacienta, s tem pa tudi kakovost zdravljenja. Smeri nadaljnega raziskovanja bi tako lahko šle v smeri ugotavljanja, na kakšen način bi se to lahko omogočilo.

Ključne besede: patronažna medicinska sestra, skupnostna skrb, timska obravnava, zdravje populacije.

SUMMARY

Introduction: Nowadays personal health care is a pivotal principle in preventing chronic non-communicable diseases. Community nurses have the opportunity to monitor/supervise patients with chronic non-communicable diseases in their local environment and this enables the establishment of a genuine relationship with the patient and his/her family and their interaction with the community. The purpose of this assignment is to discover the logicity and efficiency of preventive visits and the effectiveness of community nurses in the community.

Methods of work: A qualitative method of research was conducted, a method of analysing the text. To acquire the information needed we conducted interviews in the form of focus groups. A non-fortuitous, purposive pattern was used, and it involved three home care nurses, three doctors specialized in domestic/family medicine and three patients with chronic non-communicable diseases. The data collected was analysed via the Atlas.ti software.

Results: Based upon the data analyse, five categories were formed: the effect of the home-care nurse's work upon the patient's health; the effect of the home-care nurse's tasks upon the patient's health; the role of home-care nurses in a community; a way/a means/a method of creating a health-social net for a patient and the collaboration of doctors and patients with home-care nurses. All five categories were useful in answering the investigative/research questions.

Discussion and conclusion: The interviewees all share the opinion that the home-care nurse's most important roles are health education and the early discovery of potential risk factors. They see the role of home-care nurses as a link in the local community between the health institutions and other establishments/institutions in the local community. A key factor in strengthening our health is the collaboration of health and social structures in the community and this can be coordinated by a home-care nurse. With this research we established that in order to have a more efficient way of patient treatment, we need to increase the number of doctors and nurses and by doing so, we could increase the amount of time given for a single patient' evaluation/treatment and with it the quality of the actual treatment. The guidelines for further research could go in the direction of finding ways to make all of this possible/applicable.

Key words: community nurse, community nursing, team treatment, population health