

VISOKA ZDRAVSTVENA ŠOLA V CELJU

MAGISTRSKO DELO

**DOSEGANJE ZASTAVLJENIH CILJEV PALIATIVNE ZDRAVSTVENE
NEGE V PATRONAŽNEM ZDRAVSTVENEM VARSTVU**

**ACHIEVEMENT OF PALLIATIVE CARE OBJECTIVES IN
PATRONAGE HEALTHCARE**

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STOPNJE PALIATIVNA OSKRBA**

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POVZETEK

Uvod: Paliativna oskrba velja za specialno področje v zdravstveni negi, ki je namenjena pacientom z diagnosticirano kronično neozdravljivo boleznijo. Bistvenega pomena je, da se v tem obdobju pri pacientih lajša prisotne neprijetne in moteče simptome ter hkrati zagotavlja kakovosten preostanek življenja. Z raziskavo smo želeli ugotoviti, kako uspešna je paliativna oskrba v patronažnem zdravstvenem varstvu z vidika doseganja zastavljenih ciljev.

Metoda: Raziskava je temeljila na kvalitativnem raziskovalnem pristopu. Za zbiranje podatkov smo uporabili analizo negovalne dokumentacije, opazovanja poteka obiskov v domačem okolju ter izvedbo fokusne skupine z izvajalkami patronažnega zdravstvenega varstva na proučevanem področju. V raziskavi je sodelovalo 28 pacientov, v fokusni skupini pa 7 medicinskih sester iz patronažnega zdravstvenega varstva. Zbrani kvalitativni podatki so bili kodirani in združeni v vsebinske kategorije, ki jih prikazujemo v rezultatih. Kjer je bilo mogoče glede na vrsto spremenljivk, smo prikaz podatkov tudi kvantificirali.

Rezultati: Večina pacientov, vključenih v raziskavo, in medicinskih sester, sodelujočih v fokusni skupini, ne glede na starost ali spol, razume pomen paliativne oskrbe ter definicijo zastavljenih ciljev paliativne oskrbe. Zavedajo se pomena doseganja zastavljenih negovalnih ciljev in slabosti, ki jih povzroča prisotnost neprijetnih in motečih simptomov. Medicinske sestre, ki so sodelovale v fokusni skupini, se zavedajo pomena doseganja zastavljenih negovalnih ciljev za učinkovito prepoznavanje in hitro reševanje prisotnosti neprijetnih simptomov. Fokusna skupina je pokazala, da je največja ovira pri lajšanju neprijetnih simptomov slabo medsebojno sodelovanje in potek komunikacije med člani paliativnega tima. Pomemben član paliativnega tima v patronažnem zdravstvenem varstvu so svojci.

Razprava: Paliativni timi v domačem okolju pacienta lahko pripomorejo tako pri prepoznavanju kot tudi pri pravočasnem lajšanju neprijetnih simptomov. Za zagotavljanje učinkovitega lajšanja neprijetnih simptomov je smiselno razmišljati in ukrepati na nacionalni ravni, da se čim prej vzpostavi sistem, ki omogoča sodelovanje usposobljenih strokovnjakov s pacientom in svojci v luči koherentnega paliativnega tima

Originalnost: Raziskava pokaže prisotnost neprijetnih in motečih simptomov pri vseh pacientih, vključenih v paliativno oskrbo, hkrati pa tudi celovito pojasnjuje doseženost zastavljenih negovalnih ciljev pri pacientih, vključenih v paliativno oskrbo.

Omejitve/nadaljnje raziskovanje: Raziskava je bila opravljena le v enem zdravstvenem domu, zato bi bilo nadaljnje raziskovanje smiselno usmeriti v večje število zdravstvenih domov s paliativnimi timi, s ciljem lajšanja neprijetnih in motečih simptomov v paliativni oskrbi v domačem okolju.

Ključne besede: paliativna oskrba, patronažna služba, bolečina, umiranje, komunikacija, neprijetni simptomi

SUMMARY

Introduction: Palliative care is specialized medical care for patients with confirmed incurable chronic diseases. Its main purpose is to provide relief from the uncomfortable and disturbing symptoms and to improve quality of the remaining life of the patients. The aim of the research was to determine the success of the palliative care in patronage healthcare in achieving its goals.

Method: The research was based on a qualitative research approach. In order to collect data, we used an analysis of nursing records, observations of home visits, and the implementation of a focus group with female visiting care providers in the study area. The study included 28 patients being visited at home, and, in the focus group, 7 nurses in community healthcare. The collected qualitative data were coded and grouped into content categories, which are presented in the results. Where it was possible depending on the type of variables, we also quantified the display of data.

Results: The majority of patients, their family members and participants of the focus group, regardless of age and gender, understand the meaning of palliative care and the definition of the aims of palliative care. They are aware of the importance of achieving care goals and of the disadvantages caused by the presence of unpleasant and distressing symptoms. The nurses in the focus group were aware of the importance of achieving the set care goals in order to effectively identify and quickly address the presence of unpleasant symptoms. The focus group shows that the biggest barrier to relieving unpleasant symptoms is poor interaction and communication between palliative care team members. Also, relatives are important members of the palliative care team in visiting healthcare.

Discussion: : In the patient's home environment, palliative care teams can help both to identify and to relieve the unpleasant symptoms in a timely manner. In order to ensure effective relief of unpleasant symptoms, it makes sense to think and act at a national level in order to promptly establish a system that allows trained professionals to work together with the patient and relatives in the light of a coherent palliative team.

Originality: The results of our research show that palliative care teams are organized only in a minority of health care institutions, which is the starting point for further establishment of palliative care teams.

Limitations/Further research: The survey was only conducted in one health care home, so it would be worthwhile to conduct further research in a larger number of health care homes with palliative care teams aiming to alleviate unpleasant and distressing symptoms in palliative care in the home environment.

Keywords: palliative care, home care, pain, dying, communication, unpleasant symptoms