

VISOKA ZDRAVSTVENA ŠOLA V CELJU

**ZDRAVSTVENA NEGA STAROSTNIKA Z DEMENCO
V DOMACEM OKOLJU**

**NURSING CARE OF ELDERLY PEOPLE WITH DEMENTIA IN
HOME ENVIRONMENT**

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Mentorica: viš. pred. DUŠKA DREV, viš. med. ses., univ. dipl. org.

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

CELJE, 2015

Povzetek

Uvod: Zdravstvena nega starostnika z demenco v domačem okolju je velik problem, ki iz dneva v dan narašča. V Sloveniji je več kot 32 tisoč starostnikov z demenco. Po zdajšnjih ocenah se bo število obolelih čez dvajset let potrojilo. Starost je lahko lepa, kadar pa jo zmoti takšen zdravstveni problem, kot je demenca, se lahko celotna slika popolnoma spremeni.

Namen diplomskega dela je predstaviti zdravstveno nego starostnika z demenco v domačem okolju.

Metoda: Uporabili smo kvalitativni raziskovalni pristop ter deskriptivno in kavzalno neeksperimentalno metodo. Raziskava je temeljila na študiji primera. Podatke smo zbrali s pomočjo polstrukturiranega intervjuja, za katerega smo oblikovali izhodiščna vprašanja, med intervjujem pa smo zastavljali tudi podvprašanja. Intervju smo izvedli s soprogo starostnika z demenco, ki je bil več let v oskrbi domačega okolja. Z vsebinsko analizo smo oblikovali teoretično razlago za pojasnitev proučevanega raziskovalnega problema.

Rezultati: Ugotovili smo, da so se pri pacientu pojavili prvi znaki bolezni, ko je bil star 50 let. Kljub kontinuirani obravnavi na primarni ravni in številnim izvedenim diagnostičnim postopkom je do postavitve diagnoze minilo nekaj let. V začetni fazi demence je bila bolezen v domačem okolju obvladljiva ob popolni predanosti soproge, strokovni pomoči medicinske sestre ter dnevnega centra. Ko je bolezen napredovala to ni bilo več dovolj.

Razprava in sklep: Ob pregledu literature in opisani študiji primera ugotavljamo, da se svojci do prvih resnejših zapletov odločajo za zdravstveno nego starostnika z demenco v domačem okolju. Ta je pogosto zaupana svojcem, prostovoljcem, socialnim oskrbovalcem in patronažni medicinski sestri. Domače okolje nanj vpliva spodbudno, saj ga je vaje, prav tako je navajen tudi svojcev, ki so bili njegova stalnica v času, ko demenca še ni vstopila v njegovo življenje. Bolezen popolnoma spremeni življenje bolnih. Seveda pa spremeni tudi življenje njihovih svojcev.

Ključne besede: zdravstvena nega, starostniki, domače okolje, demenca

Abstract

Introduction: Nursing care of elderly people with dementia in their home environment is becoming an increasingly difficult challenge. In Slovenia, more than 32,000 elderly people suffer from dementia. According to the current estimates, the number of patients with dementia will triple within twenty years. Old age can be beautiful, but when a person is faced with a serious health condition such as dementia, their entire perception of old age may change.

The aim of this Bachelor's thesis is to present nursing care for an elderly person with dementia in their home environment.

Method: We used a qualitative research approach as well as a descriptive and causal non-experimental method. The research was based on a case study. Data was collected by means of a semi-structured interview with pre-prepared starting questions. During the interview, we also asked sub-questions. The interview was conducted with the wife of an elderly man with dementia who had been in home care for several years. By using content analysis, we prepared a theoretical foundation to explain the research problem.

Results: We determined that with this particular patient, the early signs of dementia occurred when he was 50 years old. Despite receiving continuous treatment on a primary level and a number of diagnostic procedures, several years had passed before he was given a diagnosis of dementia. At the early stage of dementia, the condition was manageable in his home environment due to the full commitment of his wife, professional assistance of a medical nurse and the day care facility. However, with the advancement of dementia this was no longer enough.

Discussion and conclusion: Having reviewed the existing literature and the described case study, we established that relatives decide to take care for the elderly person with dementia in their home environment up to the point when the first serious complications occur. In most cases, family members, relatives, volunteers, home care providers and health visitors provide the nursing care. The home environment has a positive effect on the elderly person with dementia – not only are they familiar with their home, they are also used to their relatives who had been supporting them even before dementia entered their life. This condition, however, completely changes the life of each patient as well as their relatives.

Key words: nursing care, elderly people, home environment, dementia