

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**OSKRBA DIABETIČNE NOGE V DIABETOLOŠKI AMBULANTI**

**DIABETIC FOOT CARE IN A DIABETES CLINIC**

**Študentka: DARJA VUČINA**

**Mentorica: pred. mag. Brigita Putar, viš. med. ses., univ. dipl. org.**

**Somentorica: pred. Bernardka Žagar, viš. med. ses., prof. zdr. vzg.**

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

**CELJE, 2016**

## POVZETEK

**Uvod:** Diabetična noga je eden najpogostejših kroničnih zapletov sladkorne bolezni in je resno bolezensko stanje. Vsaka sprememba na nogi sladkornega pacienta, ki lahko pripelje do okvare, je pomembna in zahteva timsko obravnavo. Oskrba diabetične noge v diabetološki ambulanti vsebuje preventivni program, ki ga izvajamo medicinske sestre in vključuje zdravstveno vzgojo pacientov in svojcev, presejalni pregled nog in strokovno medicinsko pedikuro. Oskrba vsebuje tudi kurativni program zdravljenja, v katerem prav tako sodelujemo medicinske sestre, ki opravljamo strokovno zdravstveno nego, sodelujemo pri izbiri obvezilnega materiala in poučujemo paciente in svojce, kako v domačem okolju oskrbeti rane.

Namen diplomskega dela je bil predstaviti oskrbo diabetične noge v diabetološki ambulanti.

**Metoda:** Pri raziskavi smo uporabili kvantitativni raziskovalni pristop, metodo deskripcije. Pridobivanje podatkov je potekalo s tehniko anketiranja. Anketni vprašalnik smo oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, namenski vzorec, v katerega smo vključili 50 pacientov, ki so bili obravnavani v diabetološki ambulanti Bolnišnice Topolšica in imajo sladkorno bolezen več kot tri leta. Pravilno izpolnjenih je bilo 46 vprašalnikov, kar predstavlja 92-odstotno realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2010.

**Rezultati:** 46 % anketiranih pacientov je zadovoljnih z nadzorom nad sladkorno boleznijo, 17 % anketiranih pa je zelo zadovoljnih. Kar 100 % anketiranih ima kronični zaplet diabetično stopalo. 89 % anketiranih meni, da jim zdravstvenovzgojno delo nudi dovolj informacij, ki jih lahko uporabijo pri nadzorovanju in ukrepanju pri težavah, ki nastopijo na diabetični nogi. Največ informacij so pridobili od medicinske sestre. Z oskrbo diabetične noge v diabetološki ambulanti je zelo zadovoljnih 57 % anketiranih. Pri oskrbi diabetične noge v diabetološki ambulanti 37 % anketiranih predlaga dodaten pregled nog ob vsakem obisku diabetične ambulante, 26 % anketiranih želi, da je pri pregledu vedno prisoten zdravnik.

**Razprava in sklep:** Ugotavljamo, da je diabetično stopalo pri anketiranih najpogostejši kronični zaplet. Preprečevanje, odkrivanje in zdravljenje kroničnih zapletov je izrednega pomena za dvig kakovosti obravnave pacienta v diabetološki ambulanti. Ob tem je pomembno sodelovanje celotnega tima, v katerem ima pomembno vlogo diplomirana medicinska sestra z zdravstvenovzgojnim delom in zdravstveno nego, da motivira paciente za zdravljenje in skrb zase.

**Ključne besede:** sladkorna bolezen, kronični zapleti, diabetična noga in diabetološka ambulanta

## SUMMARY

**Introduction:** A diabetic foot is one of the most frequent chronic complications of diabetes and a serious case of a disease. Each change on a diabetes patient's foot that can lead to an injury is important and demands a team treatment. The nursing of a diabetic foot in a diabetes clinic includes a preventive programme which is carried out by nurses and includes a medical education of patients and relatives, a screening examination of feet, and a professional medical pedicure. The nursing includes a curative programme of a medical treatment where we nurses cooperate too in the way that we perform a professional medical care, we take part in the choice of material for dressing wounds and we teach patients and relatives how to take care of wounds at home.

The purpose of the diploma work is to present a diabetic foot care in a diabetes clinic.

**Method:** A quantitative research accession, a method of description was used in the research. The acquiring of data was done with the questionnaire technique. The questionnaire was formed on the basis of the examined literature. We used an un-accidental deliberate sample in which 50 patients were included who were treated in the diabetes clinic of Topolšica Hospital and who have had diabetes for more than three years. 46 questionnaires were correctly filled in, which represents 92% of the sample realisation. The data were collected and processed with the programme Microsoft Office Excel 2010.

**Results:** 46% of patients have been satisfied with the diabetes control; however, 17% of investigated have been very satisfied. Almost 100% of investigated has a chronic complication of a diabetic foot. 89% thinks that medical educational work offers enough information that can be used in the process of controlling and acting by problems that appear on a diabetic foot. The most information was gathered by nurses. 57% of investigated has been very satisfied with the nursing of the diabetic foot in the diabetes clinic. During the nursing of their diabetic feet 37% of investigated additionally suggest the checking of feet at each visit of the diabetes clinic, 26% wants that there is a doctor present in the time of the examination.

**Discussion and conclusion:** It has been established that a diabetic foot is the most frequent chronic complication among the investigated patients. Prevention, discovering and healing of chronic complications is of an extraordinary importance for the growth of the quality of the patient treatment in a diabetes clinic. A cooperation of the whole team is important where a graduated medical nurse has an important role with her medical educational work and medical care by motivating patients for medical treatment and for their own care.

**Key words:** diabetes, chronic complications, a diabetic foot, a diabetes clinic.