

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**VPLIV CELIAKIJE NA KAKOVOST ŽIVLJENJA  
MLADOSTNICE V DRUŽINI**

**AN IMPACT OF CELIAC DISEASE ON A QUALITY OF LIFE  
OF A YOUNG GIRL IN THE FAMILY**

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## **Povzetek**

**Uvod:** Celiakija je kronična bolezen tankega črevesa in nastane pri genetsko predispoziranih osebah kot posledica uživanja glutena. Edini način zdravljenja je stroga, doživiljska, brezglutenska dieta. Glede na to, da incidenca celiakije neprestano narašča, je zelo pomembno, da bolezen čim prej odkrijemo in takoj pričnemo z brezglutensko dieto ter se tako izognemo morebitnim posledicam, ki jih prinaša uživanje glutena. Za mladostnike, obbolele s celiakijo, je pomembno, da imajo v obdobju odraščanja popolno oporo in razumevanje pri starših, kar je temelj sprejetja boleznin in posledično upoštevanja brezglutenske prehrane. Velik vpliv imajo na mladostnika prijatelji, zato je bistvenega pomena, da tudi ti sprejmejo mladostnika s celiakijo takšnega, kot je, in da se mladostnik ne počuti izoliranega in omejenega. Z raziskavo smo želeli ugotoviti, kakšen vpliv ima celiakija pri mladostniku na kakovost življenja v družini.

**Metoda:** Uporabili smo deskriptivno metodo kvalitativnega raziskovanja, študijo primera. Za zbiranje podatkov smo uporabili vprašanja odprtega tipa, ki smo jih zastavili kot voden intervju. Intervju smo izvedli z mladostnico, obbolelo za celiakijo, in njeno mamo. Odgovore smo primerjali in analizirali s pomočjo literature.

**Rezultati:** Ugotovili smo, da celiakija pri mladostniku vpliva na kakovost življenja v družini. Rezultati intervjuja so pokazali, da je od narave mladostnika v veliki meri odvisno, kako se sooča z boleznijo in kako se sprejema kot kronično bolan mladostnik. Veliko vlogo imajo pri mladostniku s celiakijo starši, zato je pomembna njihova podpora.

**Razprava in sklep:** Ugotavljamo, da celiakija pri mladostniku zmanjša kakovost življenja v družini. O bolezni bi bilo bolj potrebno osveščati v prvi vrsti zdravstveno osebje, nato pa celotno populacijo, ker bi posledično tako velikokrat odkrili bolezen prej, s tem pa bi se zmanjšale posledice nezdravljene bolezni.

**Ključne besede:** gluten, brezglutenska prehrana, kronična bolezen

## **Abstract**

**Introduction:** Celiac disease is a chronic disease of the small intestine and occurs in individuals with an inherited predisposition as a result of the consumption of gluten. The only method of treatment is strict, lifelong, gluten-free diet. Given that the incidence of celiac disease continues to grow, it is very important to detect the disease as early as possible and immediately begin with the gluten-free diet and to avoid potential consequences brought about by the consumption of gluten. For adolescents, affected with celiac disease, it is important to have complete support during the period of growing up and understanding with their parents, which is the basis of the acceptance of the disease and, consequently, compliance with the gluten-free diet. This has also got a major influence on adolescent friends, so it is essential that a young person with celiac disease is taken such as it is, and that

the youngster does not feel isolated and limited. With this research, we wanted to determine what impact a celiac disease has on a person in her childhood and adolescence on the quality of life in the family.

**Method:** We used descriptive method of qualitative research, case study. For data collection, we used open-ended questions, which we have set as a guided interview. The interview was carried out with a youngster suffering from celiac disease, and her mother. The responses were compared and analyzed using different literature.

**Results:** We found that celiac disease in childhood and adolescence affects the quality of life in the family. The results of the interview showed that the nature of adolescent depends largely on how the disease is faced with and how the person (in our case a girl) accepts herself as a chronically ill adolescent. Parents' support is also crucial.

**Discussion and conclusion:** We found out that celiac disease in childhood and adolescence reduces the quality of life in the family. It is necessary to raise awareness about the disease among medical personnel and also the entire population, since it would consequently help people to discover their illness sooner, and thus would reduce the consequences of untreated diseases.

**Keywords:** gluten, gluten-free diet, chronic disease