

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

KAKOVOST ŽIVLJENJA PACIENTOV Z LUSKAVICO

THE QUALITY OF LIFE IN PATIENTS WITH PSORIASIS

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POVZETEK

Uvod: Luskavica ali psoriaza je dedna, kronična, nenalezljiva, doživljenjska, vnetna bolezen kože, ki se kaže v obliki rdečih, z luskami pokritih kožnih žarišč in zmanjšuje kakovost pacientovega življenja. Z raziskavo smo želeli ugotoviti, koliko težave s kožo vplivajo na kakovost življenja pacientov z luskavico.

Metoda: Raziskava je temeljila na kvantitativni metodi raziskovanja, metodi deskripcije. Uporabili smo tehniko anketiranja. Za instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na podlagi pregleda literature. Uporabili smo neslučajnostni, priložnostni vzorec, v katerega smo vključili 50 pacientov z luskavico, starih 16 let in več, ki smo jih obravnavali v Dermatološki specialistični ambulanti in Dermatološkem oddelku Splošne bolnišnice Celje. Pravilno izpolnjenih je bilo 42 anketnih vprašalnikov, kar predstavlja 84 % realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2010.

Rezultati: 29 (70 %) anketiranih pacientov z luskavico ima prekomerno telesno težo, 11 (26 %) jih kadi, 27 (65 %) jih redno ali občasno pije alkoholne pijače. 25 (60 %) pacientov ima luskavico več kot 10 let, 33 (79 %) jih dobro pozna svojo bolezen in 37 (88 %) jih ima podporo družine. 22 (52 %) anketiranih pacientov z luskavico je imelo v zadnjem tednu slabšo kakovost življenja, močno do zelo močno pa je luskavica vplivala na kakovost življenja pri 18 (43 %) anketiranih pacientih.

Razprava in sklep: Ugotavljamo, da težave s kožo malo do zelo močno vplivajo na življenje pacientov z luskavico. Čeprav ima večina anketiranih pacientov luskavico že daljši čas in bolezen dobro poznajo, se premalo izogibajo dejavnikom tveganja za nastanek in poslabšanje luskavice. Veliko strokovnih informacij prejmejo pacienti od zdravnikov, premalo, predvsem praktičnih informacij, pa od medicinskih sester. Tem je potrebno omogočiti ustrezno dodatno izobraževanje, da se bodo lahko aktivneje in uspešneje vključevale v proces zdravljenja in izobraževanja pacientov z luskavico.

Ključne besede: pacient, kakovost življenja, kožne spremembe, doživljanje

ABSTRACT

Introduction: Psoriasis is a genetic chronic lifelong non-contagious inflammatory disease, characterized by patches of red and scaly skin, which diminishes the quality of patient's life. By carrying out this research we wanted to figure out the ways psoriasis influences the quality of patient's everyday life.

Method: The research is based on a quantitative descriptive research method with a special focus on the survey method. A questionnaire and its questions were constructed and based on the literature. A non-probability sampling showed results based on 50 psoriatic patients aged 16 and more, treated in The Specialist Dermatology Clinic and the Dermatology Department at the General Hospital Celje. 42 questionnaires were properly filled out, the sampling is therefore realized in 84 %. All the data is collected and generalized with Microsoft Office Excel 010.

Results: 29 participants with psoriasis (70 %) also suffer from obesity, there are 11 smokers (26 %), 27 participants (65 %) regularly or occasionally drink alcohol, 25 patients (60 %) have had psoriasis for more than 10 years, 33 patients (79 %) are familiar with the disease and 37 participants (88 %) are given the family support. 22 (52%) of the surveyed patients with psoriasis experienced reduction of life quality in the last week, while 18 (43%) psoriatic patients have reported strong to very strong impact of the condition on their life quality.

Debate and conclusion: We are finding that skin disorders cause minor to very strong impact on the patient's quality of life. Despite the fact that the majority of participants have suffered from psoriasis for a longer period of time and are familiar with the disease, they ignore and do not avoid the triggers which cause or even worsen the disease. Patients acquire a lot of expert information from their doctors, but there is a lack of practical advice the patients could receive from their nurses. Therefore it is necessary to enable adequate educational seminars for the nurses, so that their participation in the process of treatment can be more successful and effective.

Key words: patient, the quality of life, skin changes, experiencing