

VISOKA ZDRAVSTVENA ŠOLA V CELJU

**ZDRAVSTVENO-VZGOJNO DELO MEDICINSKE
SESTRE PRI PACIENTU S KRONIČNIM VENSKIM
OBOLENJEM**

**NURSING HEALTH EDUCATION OF PATIENT WITH
CHRONIC VENOUS DISEASE**

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Povzetek

Uvod: Kronična venska bolezen spada med zelo pogosta bolezenska stanja med odraslimi prebivalci. Skoraj vsak peti odrasli prebivalec srednje Evrope trpi zaradi krčnih žil. Ženske so trikrat pogosteje prizadete kot moški. Za učinkovito zdravljenje in lajšanje težav je potrebno, da pacienti upoštevajo navodila, ki jih dobijo s strani zdravstvenega osebja. Pri tem je pomembno zdravstveno-vzgojno delo medicinske sestre, predvsem pri poučevanju pacientov o kompresijski terapiji. Kompresijska terapija predstavlja osnovni ukrep pri zdravljenju kroničnega venskega popuščanja. Z raziskavo smo želeli ugotoviti, ali pacienti upoštevajo navodila, in njihovo zadovoljstvo glede zdravstveno-vzgojnega dela medicinske sestre.

Metoda: Raziskava je temeljila na kvantitativni metodi raziskovanja, metodi deskripcije. Uporabili smo tehniko anketiranja. Za zbiranje podatkov smo kot instrument uporabili strukturirani anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, priložnostni vzorec. Anketni vprašalnik smo razdelili 90 pacientom, ki so prišli na operativni poseg krčnih žil v lokalni anesteziji. Vrnjenih smo dobili 82 anket, kar predstavlja 91 % realizacijo vzorca. Podatki so bili zbrani in obdelani s pomočjo programov Microsoft Excel 2010 in SPSS 17.0.

Rezultati: 41 (50 %) pacientov je prišlo v ambulanto zaradi otekanja nog. 48 (58,5 %) pacientov so težave s krčnimi žilami zelo motile v vsakdanjem življenju. 64 (78 %) pacientov je prejelo navodila v ambulanti ob prvem obisku. Podatki kažejo, da kompresijsko nogavico uporablja 32 (39 %) pacientov. Uporabo kompresijske terapije je 25 (30,5 %) pacientom pokazala medicinska sestra. 72 (87,8 %) pacientov je upoštevalo navodila in nasvete glede lajšanja težav. 41 (50 %) pacientom je pri lajšanju težav najbolj pomagala kompresijska terapija. 41 (50 %) pacientov je v ambulanti prejelo ustna navodila. Medicinska sestra je 39 (47,6 %) pacientom predstavila navodila glede lajšanja težav, 78 (95,1 %) pacientov je dobilo dovolj informacij s strani medicinskih sester. 76 (92,7 %) pacientov je bilo zadovoljnih s prejetimi navodili in informacijami. Kljub temu je 35 (42,7 %) pacientov iskalo dodatne informacije s pomočjo interneta.

Razprava in sklep: Ugotavljamo, da so pacienti zaradi slabše kakovosti življenja, do katere je prišlo zaradi krčnih žil, upoštevali navodila, prejeta v ambulanti. Pri tem ima medicinska sestra pomembno vlogo, zlasti pri poučevanju o kompresijski terapiji in posredovanju informacij glede lajšanja težav.

Ključne besede: kronično vensko popuščanje, kompresijska terapija, zdravstvena vzgoja.

Abstract

Introduction: Chronic venous disease is one of the most common pathological conditions among adults. Almost one in five people in Middle Europe suffer from venous diseases. Women are affected three times more often than men. To heal and relieve problems

successfully it is crucial to follow the instructions that are offered by medical staff. The health education provided by nurses is very important, especially when educating patients about compression therapy. Compression therapy presents a basic measure in healing chronic venous insufficiency. In this research our goal was to establish if patients follow the given instructions, as well as how satisfied they are with the offered nurses' health education.

Methods: The research was based on the quantitative research method, the descriptive method. The technique of choice was a survey. To gather information we used a structured questionnaire that was formed on the basis of the used literature. We used a non-accidental pattern. The questionnaire was handed to 90 patients who have been scheduled for a surgery procedure of varicose veins in local anaesthesia. 82 questionnaires were returned which is 91 %. The data was collected and processed in Microsoft Excel 2010 and SPSS 17.0.

Results: 41 patients (50 %) came to the surgery because of swollen legs. 48 patients (58,5 %) felt that problems with varicose veins bothered them in their everyday life. 64 patients (78 %) received instructions in the surgery during their first visit. Data shows that 32 patients (39 %) used compression bandages. The use of it was shown to 23 patients (30,5 %) by the nurse. 72 patients (87,8 %) followed the given instructions and advice regarding pain relief. 41 patients (50 %) felt that compression therapy was the most useful for relieving pain. 41 patients (50 %) received oral instruction at the surgery. 39 patients (47,6 %) were presented with the instructions by the nurse. 78 patients (95,1 %) were given enough information by the nurses. 76 patients (92,7 %) were satisfied with the received instructions and information. Despite that, 35 patients (42,7 %) searched additional information in the internet.

Discussion and conclusion: It was established that patients used the instructions, received at the surgery, due to the worse quality of life caused by varicose veins. Nurses play an important role in this process, especially in educating patients about compression therapy and offering information about pain relief.

Key words: chronic venous insufficiency, compression therapy, health education.