

VISOKA ZDRAVSTVENA ŠOLA V CELJU

**ZDRAVSTVENA VZGOJA PACIENTOV Z ARTERIJSKO
HIPERTENZIJO**

**HEALTH EDUCATION OF THE PATIENTS WITH ARTERIAL
HIPERTENSION**

Študentka: Danijela BABIĆ

Vpisna številka: 1011112062

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

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

CELJE, 2015

POVZETEK

Uvod: Visok krvni tlak je glavni dejavnik za bolezni srca in ožilja, je kronična bolezen, pri kateri v zadnjih letih ugotavljamo pandemične razsežnosti. V razvitem svetu predstavlja pomemben javnozdravstveni problem in je pomemben medicinsko-socialni problem, govorimo o bolezni sodobnega časa. Zaradi hitrega načina življenja ljudje namenijo premalo časa za ohranjanje zdravja. S spremembo življenjskega sloga lahko pacienti z arterijsko hipertenzijo zmanjšajo visok krvni tlak.

Namen: Namen diplomskega dela je predstaviti zdravstveno vzgojno delo medicinske sestre pri pacientih z arterijsko hipertenzijo ter z raziskavo ugotoviti življenjski slog pacientov z arterijsko hipertenzijo.

Metode: Raziskava temelji na kvantitativni metodi s tehniko anketiranja. Za instrument je bil uporabljen anketni vprašalnik, ki je bil oblikovan na osnovi pregleda domače in tuje literature. Uporabili smo neslučajni, priložnostni vzorec, v katerega je bilo vključenih 40 pacientov kardiološke ambulante, Splošne bolnišnice Celje. Pravilno izpolnjenih je bilo 40 anketnih vprašalnikov, kar predstavlja 100 % realizacijo vzorca. Podatki so zbrani in obdelani s programom Microsoft Office Excel 2010.

Rezultat: 73 % anketiranih je spremenilo življenjski slog odkar so izvedeli, da imajo visok krvni tlak. Ugotovili smo, da samo 5 % anketiranih meni, da je stres dejavnik tveganja za nastanek arterijske hipertenzije, čeprav je 78 % anketirancev odgovorilo, da so pod stresom. Anketirani pacienti s čezmerno telesno težo so v 68 % telesno dejavni, odkar so izvedeli da imajo visok krvni tlak. Zaskrbljujoč podatek je, da 72 % anketiranih še vedno dodatno soli jedi, čeprav je kuhinjska sol dejavnik tveganja za nastanek arterijske hipertenzije.

Razprava in sklep: Arterijska hipertenzija je najpogostejše bolezensko stanje v razvitih državah. Anketiranci poznajo dejavnike tveganja za nastanek bolezni, veliko jih je spremenilo svoj življenjski slog in se ravna po navodilih zdravstvene nege. Iz rezultatov ankete je razvidno, da so anketiranci seznanjeni s svojo boleznijo. Opravljena raziskava je z rezultati pokazala, da je za paciente z arterijsko hipertenzijo zelo pomembno zdravstveno vzgojno delo diplomirane medicinske sestre, ki paciente osvešča o zdravem načinu življenja in izogibanju dejavnikom tveganja, ki lahko povzročijo poslabšanje bolezni. Aktivna vključenost pacientov v zdravstveno vzgojno delo pripomore, da bodo pacienti aktivni pri zniževanju krvnega tlaka in vzdrževanju zdravega življenjskega sloga.

Ključne besede: arterijska hipertenzija, dejavniki tveganja, medicinska sestra, zdravstvena vzgoja

SUMMARY

Introduction: High blood pressure is a major factor for cardiovascular diseases. It is a chronic disease for which some pandemic proportions have been discovered in recent years. In the developed world, in particular, high blood pressure represents a significant public health issue. It is actually an important health and social issue, and is considered a contemporary disease. Due to a rapid life style nowadays people often take too little time for their health and well-being. However, by changing the life style patients can reduce their high blood pressure.

Purpose: The purpose of this diploma thesis is to outline health educational work of nurses who deal with patients with arterial hypertension, and through a survey to determine the life style of such patients.

Methods: The survey is based on a quantitative method by using a technique of interviewing participants of the survey. A questionnaire was used as an instrument, which was drawn up upon reviewing domestic and foreign literature. A non-accidental, ad-hoc pattern was used in the survey which included 40 patients of the cardiology clinic in General Hospital Celje. 40 questionnaires were properly filled in, which represents a 100% pattern realisation. All the data were properly chosen and processed by Microsoft Office Excel 2010.

Outcome: 73% of the respondents have changed their life style after being informed of their high blood pressure. The survey also shows that only 5% of the respondents are of the opinion that stress is a risk factor for arterial hypertension, even though 78% of the respondents admit that they are under stress. Despite their obesity, 68% of the respondents have been engaged in physical activities since they were told to have high blood pressure. It is also worrying that 72% of the respondents additionally salt their dishes despite the fact that salt represents a risk factor for arterial hypertension.

Discussion and conclusion: Arterial hypertension is the most common health conditions in the developed world. The respondents of the survey are acquainted with risk factors for formation of such disease, and many of them have changed their lifestyle and are now following the instructions of nursing care. The survey shows that respondents are familiar with their disease. Completed survey results showed that the work of health care nurses to raise awareness about healthy lifestyles and avoidance of risk factors that may cause worsening of the disease is very important for patients with arterial hypertension. Active involvement of the patient in health educational work contributes to the patients being active in lowering blood pressure and maintaining a healthy lifestyle.

Keywords: arterial hypertension, risk factors, a nurse, health education