

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**KAKOVOST ŽIVLJENJA STANOVALCEV Z DEMENCO V DOMU  
STAREJŠIH**

**QUALITY OF LIFE RESIDENTS WITH DEMENTIA HOME FOR THE  
ELDERLY**

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**Mentorica: viš. pred. DUŠKA DREV, viš. med. ses., univ. dipl. org.**

**Študijski program: VISOKOŠOLSKI STROKOVNI ŠTUDIJSKI**

**PROGRAM ZDRAVSTVENA NEGA**

**CELJE, 2015**

## **POVZETEK**

**Uvod:** Demenca je bolezen, ki je poznana že vrsto let, v sodobni družbi pa število obolelih za demenco strmo narašča. Zato je poznavanje življenja z demenco izrednega pomena. Zavedati se moramo, da je treba kljub boleznini živeti kakovostno življenje. Z diplomskim delom smo želeli predstaviti kakovost življenja stanovalcev z demenco v institucionalnem varstvu.

**Metoda:** V raziskavi je bila uporabljena kvantitativna tehnika dela. Teoretični del naloge je temeljil na deskriptivni metodi dela s študijem domače in tuje strokovne literature. Kot merski instrument smo uporabili nestandardizirani anketni vprašalnik, ki je bil izdelan izključno za potrebe te raziskave. Anketne vprašalnike smo razdelili med 70 zaposlenih v zdravstveno negovalnem timu v dveh domovih za starejše, in sicer v Domu ob Savinji Celje in v Domu Nine Pokorn Grmovje (v vsaki ustanovi 35). Vrnjenih in pravilno izpolnjenih je bilo vseh 70 vprašalnikov, kar pomeni 100-odstotno realizacijo vzorca. Pridobljene podatke iz anketnih vprašalnikov smo obdelali v računalniškem programu Microsoft Office Excel in Microsoft Word.

**Rezultati:** 17–19 (49 %–56 %) anketiranih v obeh domovih meni, da je najpomembnejši dejavnik, ki vpliva na kakovost življenja stanovalcev z demenco, kakovostna in strokovna zdravstvena nega in oskrba. Po mnenju večine vprašanih v obeh domovih je najpomembnejši kazalec, ki predstavlja kakovost, individualni pristop v obravnavi stanovalca z demenco (38 %–74 %). 21 oz. 33 (60 %–100 %) zaposlenih v zdravstveni negi in oskrbi je mnenja, da je stanovalcem z demenco v njihovi ustanovi zagotovljeno kakovostno življenje.

**Razprava in sklep:** Rezultati v raziskavi kažejo, da anketirani v zdravstveni negi in oskrbi poznajo dejavnike, ki zagotavljajo kakovost življenja stanovalcev z demenco. Kljub prepričanju, da stanovalci z demenco v njihovih ustanovah živijo kakovostno življenje, si zaposleni želijo še dodatna strokovna izobraževanja, s katerimi bi svoje znanje še poglobili. Tako bi stanovalcem z demenco nudili še kakovostnejše življenje. Za kakovostno obravnavo stanovalcev z demenco je neizogibna prepletenost odnosov med njimi, celotnim timom in svojci in zahteva tesno medsebojno sodelovanje vseh.

**Ključne besede:** demenca, kakovost, starost, medicinska sestra, zdravstvena nega.

## SUMMARY

**Introduction:** Dementia is a disease, known for many years, but in modern society the number of people suffering from dementia is rising sharply. Therefore it is crucial to know the facts about living with dementia. We have to be aware that it is possible to lead a quality life despite the disease. In the thesis we wanted to present the quality of life of people with dementia within institutional care.

**Method:** In the research we used the quantitative work method. The theoretical part of the thesis was based on the descriptive work method with the study of domestic and foreign experts' literature. As a measuring instrument we used the non-standardized questionnaire, made solely for the purpose of the research. The questionnaires were distributed to 70 employees working in healthcare teams in two homes for the elderly; namely the Dom ob Savinji Celje and Dom Nine Pokorn Grmovje (35 in each institution). We obtained all 70 correctly filled out questionnaires, which represents a realization of 100%. The obtained data from the questionnaires were processed in the software Microsoft Office Excel and Microsoft Office Word.

**Results:** 17-19 (49-56%) of the questioned think that the most important factors influencing the quality of life of residents with dementia is quality and professional health care. According to the majority of the questioned in both homes the most important indicator of quality is the individual approach in treating the resident with dementia (38-74%). 21 or 33 (60-100%) employees in healthcare think that residents with dementia within their institution are ensured with good quality of life.

**Discussion and conclusion:** The results of the research show that the questioned, working in healthcare, are familiar with the factors that ensure the quality of life of residents with dementia. Despite their belief that residents with dementia in their institutions lead a quality life they desire additional professional education in order to deepen their knowledge. This way they could ensure the residence an even greater quality of life. Quality treatment of residents demands intertwining of relationships between them, the entire team and relatives and close cooperation of all of them.

**Keywords:** dementia, quality, age, nurse, nursing care.