

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**KAKOVOST ŽIVLJENJA PACIENTOV S ČREVESNO  
STOMO IN VLOGA PATRONAŽNE MEDICINSKE  
SESTRE**

**QUALITY OF LIFE IN OSTOMY PATIENTS AND THE ROLE  
OF CUMMUNITY NURSE**

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## **Povzetek**

**Uvod:** Stoma je operativna posledica različnih bolezni in poškodb. Pacienti s stomo se srečujejo z različnimi težavami v domačem okolju. Pri uspešni rehabilitaciji in kakovostnem življenju pacienta ima pomembno vlogo patronažna medicinska sestra. Namen raziskave je ugotoviti, kateri dejavniki negativno vplivajo na kakovost življenja pacientov s stomo, od koga dobijo največ informacij o življenju s stomo in kakšno vlogo ima pri tem patronažna medicinska sestra.

**Metoda:** Raziskava je temeljila na kvantitativni metodi in metodi deskripcije. Za merski instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na podlagi pregleda literature. Uporabili smo neslučajnostni priročni vzorec. Od 100 razdeljenih anketnih vprašalnikov, smo dobili vrnjenih 94 anketnih vprašalnikov, kar predstavlja 94% realizacijo vzorca.

**Rezultati:** 39 (55 %) pacientov s stomo ocenjuje življenje kot kakovostno. Dejavniki, ki najbolj negativno vplivajo na kakovost življenja, so prebavne težave z zaužito hrano, sledi jim odpovedovanje hrani zaradi potencialnih prebavnih težav in na tretjem mestu skrb za najbližjo lokacijo stranišča. Rezultati kažejo, da je 52 (29 %) pacientov pridobilo večino informacij pri osebnem zdravniku, 55 (31 %) pacientov pa pri društvu ILCO. 23 (32 %) pacientov je dobilo večino informacij o življenju s stomo od patronažne medicinske sestre.

**Razprava in sklep:** Ugotavljamo, da pacienti s stomo živijo dokaj kakovostno življenje. S strani patronažnih medicinskih sester ne dobijo dovolj informacij o življenju s stomo, če so obiska sploh deležni. Potrebno je izvajati patronažne obiske in delovati v smeri zdravstveno vzgojnega delovanja ter vzpostavljanja dobrih medsebojnih odnosov, saj bomo lahko le tako pripomogli k večji kakovosti življenja pacientov s črevesno stomo.

**Ključne besede:** patronažna zdravstvena nega, zdravstvena vzgoja, rehabilitacija, informiranje

## **Abstract**

**Introduction:** Stoma is an operational result of various diseases and injuries. Patients with stoma are facing with various difficulties in their home environment. Successful rehabilitation and patient's quality of life are closely related with community nurses. The purpose of present research is to find out which factors have a negative influence on quality of life of patients with stoma, where they can be informed about living with stoma and how community nurses affect their lives.

**Method:** The research was based on quantitative and description method. Questionnaire survey based on literature review was used as a measurement instrument. We used

convenience sampling, which included 100 patients with intestinal stoma. 94 questionnaire surveys were being returned, which represents 94% realization of the sample.

**Results:** 39 (55%) patients with stoma estimate their lives as quality. Factors which the most influence quality of life are digestion problems caused after consumed meal, abdication of food due to potential problems and vicinity of the nearest toilet. The results show that 52 (29%) patients get most of information from their doctors and 55 (31%) patients get information at ILCO society. 23 (32%) patients get information about living with stoma from community nurse.

**Discussion and conclusion:** We can conclude that patients with stoma live rather quality life. Community nurses don't provide much information about stoma; some patients did not even receive home visit. It is necessary to implement home care visits and raise health- educational awareness in order to establish better reciprocal relationship, because this is one of the best ways to improve the quality of life of patients with intestinal stoma.

**Key words:** community nursing care, health education, rehabilitation, informing.