

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**OBRAVNAVA PACIENTA S KRONIČNO OBSTRUKTIVNO PLJUČNO  
BOLEZNIJO V AMBULANTI NUJNE MEDICINSKE POMOČI**

**TREATMENT OF PATIENT WITH CHRONIC OBSTRUCTIVE  
PULMONARY DISEASE IN EMERGENCY MEDICAL CLINIC**

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## POVZETEK

**Uvod:** Kronična obstruktivna pljučna bolezen je bolezensko stanje, za katerega je značilen zmanjšan pretok zraka v dihalnih poteh. Najpogostejši znaki in simptomi so kašelj, izkašljevanje sluzi, težko dihanje, periferni edemi, motnje spanja ter depresija. Pri obravnavi pacienta s kronično obstruktivno pljučno boleznijo v ambulanti nujne medicinske pomoči je pomemben ukrep aplikacija kisika, bronhodilatatorna terapija, spremljanje vitalnih funkcij in zdravstveno-vzgojno svetovanje. Namen diplomskega dela je predstaviti obravnavo pacienta s kronično obstruktivno pljučno boleznijo v ambulanti nujne medicinske pomoči.

**Metoda:** Raziskava je temeljila na kvalitativnem raziskovalnem pristopu, uporabljena je bila deskriptivna metoda. Primarni viri so bili zbrani s pomočjo pregleda strokovne literature in bibliografskih baz podatkov. Predstavili smo študijo primera pacienta s kronično obstruktivno pljučno boleznijo. Podatke smo pridobili s pomočjo polstrukturiranega intervjuja, tehnike opazovanja ter analize negovalne in zdravstvene dokumentacije. Z intervjujem smo prišli do podatkov, ki jih iz dokumentacije ni možno pridobiti.

**Rezultati:** Pacient s kronično obstruktivno pljučno boleznijo ima največ težav pri življenjskih aktivnostih dihanja, telesnih aktivnostih, pri spanju, prehranjevanju in pitju ter težave z depresijo. Na podlagi izvedene raziskave lahko sklepamo, da pacient ni upošteval vseh ukrepov, ki vplivajo na izboljšanje zdravstvenega stanja. Ugotovili smo, da pacient prepozna poslabšanje bolezni, ko opazi težko dihanje že ob najmanjših naporih, povečanje telesne teže in otekanje nog. Pri obravnavi pacienta s kronično obstruktivno pljučno boleznijo je pomemben celosten pristop medicinske sestre do pacienta in zdravstveno-vzgojno svetovanje pacientu in njegovim svojcem.

**Razprava in sklep:** Z raziskavo, v katero smo vključili študijo primera pacienta s kronično obstruktivno pljučno boleznijo, smo ugotovili, da na poslabšanje zdravstvenega stanja vpliva neupoštevanje farmakoloških in nefarmakoloških ukrepov. Pacient je v intervjuju razkril, da ne upošteva v celoti vseh ukrepov (farmakoloških in nefarmakoloških), ki vplivajo na obvladovanje bolezni. Medicinska sestra kot članica širšega zdravstvenega tima ima pomembno vlogo pri zagotavljanju oskrbe pacienta s kronično obstruktivno pljučno boleznijo v ambulanti nujne medicinske pomoči, saj z zdravstveno-vzgojnim svetovanjem spodbuja in vodi pacienta k bolj zdravemu načinu življenja.

**Ključne besede:** kronična obstruktivna pljučna bolezen, zdravstveno vzgojno delo, medicinska sestra, ambulanta nujne medicinske pomoči.

## SUMMARY

**Introduction:** Chronic obstructive pulmonary disease is a condition characterized by a reduced flow of air in the respiratory tract. The most common signs and symptoms of chronic obstructive pulmonary disease are cough, coughing up mucus, shortness of breath, peripheral edema, sleep disturbances and depression. When treating a patient with chronic obstructive pulmonary disease in clinic emergency medical service important measures are: application of oxygen and bronhodilatatorne treatment and monitoring of vital functions. Very important is the medical-educational counseling. The aim of this type of health education is to prevent the progress of disease, to maintain and improve quality of life

and to improve survival. The aim of the thesis is to present the treatment of patient with chronic obstructive pulmonary disease in emergency medical servise.

**Method:** The study was based on a qualitative research approach, descriptive method was used. The primary data were collected through scientific literature and bibliographic databases review. We presented a study of the patient with chronic obstructive pulmonary disease. Data were collected through semi-structured interview, with techniques of observation and analysis of medical documentation. Data which could not be collected from the medical documentation were collected through the interview.

**Results:** The study showed that the patient with chronic obstructive pulmonary disease has the greatest difficulties with respiratory activity, physical activity, sleeping, eating and drinking, and depression. We conclude that the patient does not comply with non-pharmacological measures with the affect on the improvement of health status. We noted that the patient recognizes the worsening symptoms: shortness of breath on slightest exertion, weight gain and swelling of the legs. Integrated nurse-patient approach is important when treating a patient with chronic obstructive pulmonary disease. The main task of nurse is a medical-educational counseling to the patient and his relatives.

**Discussion and conclusion:** Our case study of a patient with chronic obstructive pulmonary disease shows that failure to comply with pharmacological and non.pharmacological measures affects the deterioration of the health status. The medical-educational counseling of the nurse is important in encouraging the patient, leading them to a healthier life style.

**Keywords:** chronic obstructive pulmonary disease, health care work, nurse, emergency medical service