

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**SPREMLJANJE POTEKA RIZIČNE NOSEČNOSTI PRI PACIENTKI
Z GESTACIJSKIM DIABETESOM**

**MONITORING THE PROGRESS OF HIGH – RISK PREGNANCY
WITH GESTATIONAL DIABETES**

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POVZETEK

Uvod: Nosečnost je normalen fiziološki proces, vseeno pa je povezana z določenim tveganjem za pojav zapletov. Če se zapleti pojavijo, govorimo o rizični ali tvegani nosečnosti. Eden izmed zapletov v nosečnosti je gestacijski diabetes. Predstavlja velik zdravstveni problem in zahteva velike spremembe v življenju nosečnice. Pri tem je najpomembnejša urejenost glikemije, za kar je potrebno veliko znanja o bolezni in zdravljenju. Namen diplomskega dela je predstaviti potek rizične nosečnosti pri nosečnici z gestacijskim diabetesom.

Metoda: Raziskava je temeljila na kvalitativnem raziskovalnem pristopu z metodo deskripcije. Pridobivanje podatkov je potekalo s pomočjo triangulacije tehnik zbiranja podatkov. Za instrument smo uporabili polstrukturiran intervju v obliki vprašalnika, pacientko smo opazovali ter analizirali njeno zdravstveno dokumentacijo. Uporabili smo neslučajnostni, namenski vzorec, v katerega smo vključili pacientko, hospitalizirano na ginekološko-porodniškem oddelku Splošne bolnišnice Celje. Podatki so bili zbrani in obdelani s programom Microsoft Word.

Rezultati: Pacientka je bila pred in v začetku hospitalizacije premalo seznanjena z gestacijskim diabetesom. Prisotnih je bilo več dejavnikov tveganja za pojav le-tega (sladkorna bolezen v družini, debelost, kajenje). Pred hospitalizacijo ni upoštevala predpisane diete in priporočene telesne aktivnosti. Po mesecu hospitalizacije je stanje boljše, vendar ne na vseh področjih. Glede samokontrole krvnega sladkorja in uporabe insulina je dobro seznanjena, vendar navodil diabetologa ne upošteva. Tudi kaditi ni prenehala. Pri njej ugotavljamo 8 negovalnih diagnoz, 6 jih je neposredno vezanih na gestacijski diabetes.

Razprava in sklep: Hospitalizacija je zelo dobro vplivala na pacientko. V času hospitalizacije je prejela veliko znanja o diagnozi gestacijskega diabetesa. Aktivnosti zdravstvene nege so temeljile predvsem na zdravstveno vzgojnem delu medicinskih sester, kar se je izkazalo kot pomemben dejavnik pri izboljševanju in ohranjanju zdravja pacientke. Sklepamo, da je to ključ do uspešne celostne obravnave pacientk z gestacijskim diabetesom.

Ključne besede: nosečnost, rizična nosečnost, zapleti v nosečnosti, gestacijski diabetes, zdravstveno vzgojno delo.

SUMMARY

Introduction: Although pregnancy is a normal physiological process, it is associated with a certain risk of complications. If complications arise, such pregnancy is defined as high-risk pregnancy. One of the complications during the pregnancy is gestational diabetes. It represents a big health problem and requires many changes in pregnant women's lifestyle. The most important thing about gestational diabetes is the regulation of blood sugar, which requires a lot of knowledge about the disease itself and its treatment. The purpose of the thesis is to present a progress of high-risk pregnancy with gestational diabetes.

Method: The research was based on a qualitative research approach with the method of description. Data acquisition was carried out using triangulation of data collection techniques. For the instrument we used a semi-structured interview in form of a questionnaire. We also observed the patient and examined her medical records. We used a random dedicated sample, which included a patient, hospitalized at gynecology-maternity department of the General Hospital Celje. Data was collected and processed with Microsoft Word.

Results: Before and at the beginning of the hospitalization our patient did not have sufficient knowledge about the diagnosis of the gestational diabetes. She was exposed to several risk factors for its occurrence (diabetes mellitus in family, overweight, smoking). Before the hospitalization she did not follow the prescribed diet and recommended physical activity. After one month of hospitalization the condition is much better, but not in all areas. She has sufficient knowledge about self-control of blood sugar and application of insulin. But still she does not follow the instructions of diabetologist. She also did not quit smoking. We found 8 nursing diagnoses and 6 of them are directly related to the gestational diabetes.

Discussion and conclusion: The hospitalization had a very good effect on the patient, related to gestational diabetes. During one month of the hospitalization she received a lot of information about this diagnosis. The nursing activities were based primarily on the health education work of the nurses, which proved to be a very important factor in improving and maintaining the patient's health. We conclude that this is the key to a successful integrated treatment of patients with gestational diabetes.

Key words: Pregnancy, high-risk pregnancy, complications in pregnancy, gestational diabetes, health education work.