

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**OBRAVNAVA NOSEČNICE Z VIDIKA PATRONAŽNE  
MEDICINSKE SESTRE**

**TREATMENT OF THE PREGNANT WOMAN FROM THE  
PERSPECTIVE OF COMMUNITY NURSE**

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## POVZETEK

**Uvod:** Nosečnost je tako za žensko kot tudi za njeno družino vznemirljivo obdobje, ki s seboj prinaša številne tegobe in spremembe. Nosečnica ima pravico do enega preventivnega patronažnega obiska, ki ga opravi patronažna medicinska sestra v času nosečnosti. Patronažna medicinska sestra kot metodo dela uporablja zdravstveno vzgojo. V obdobju nosečnosti so nosečnice zelo motivirane za učenje in si prav zato prizadevajo, da bi ohranile svoje zdravje in rodile zdrave otroke. Z raziskavo smo želeli ugotoviti, kakšna je problematika obravnave nosečnice z vidika patronažne medicinske sestre.

**Metoda:** Raziskava je temeljila na kvantitativni metodi raziskovanja in metodi deskripcije. Uporabili smo tehniko anketiranja, za merski instrument pa anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda domače ter tuje strokovne in znanstvene literature. Uporabili smo neslučajnostni, namenski vzorec, v katerega smo vključili 67 patronažnih medicinskih sester. Vrnjenih in pravilno izpolnjenih je bilo 61 vprašalnikov, kar predstavlja 91-odstotno realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2010.

**Rezultati:** Anketiranke so menile, da so za nosečnico pomembne zdravstveno vzgojne vsebine o pomenu dojenja in morebitnih zapletih ob njem (povprečna vrednost=4,97), zdravstveno vzgojne vsebine o zdravem življenjskem slogu v času nosečnosti (povprečna vrednost=4,95) in zdravstveno vzgojne vsebine o skrbi in negi dojenčka ob prihodu v domače okolje (povprečna vrednost=4,93). Podatki kažejo, da anketirankam obravnava nosečnice omogoča kontinuirano zdravstveno nego nosečnice, otročnice ter novorojenčka (povprečna vrednost=4,72) in da jim obisk nosečnic omogoči vpogled v njihovo bivalno okolje (povprečna vrednost=4,62). Če bi anketiranke pravočasno dobile informacijo o nosečnicah na svojem terenu, bi pri njih opravile obisk (povprečna vrednost=4,48).

**Razprava in sklep:** Patronažna medicinska sestra nastopa predvsem v vlogi zdravstvene vzgojiteljice, ki nosečnicam na obiskih posreduje vse potrebne informacije za nosečnost brez morebitnih zapletov in za kasnejši porod. Ugotavljamo, da bo v prihodnje potrebno vzpostaviti enoten sistem obveščanja patronažnih služb v celotni državi o številu nosečnic s strani vseh ginekoloških ambulant.

**Ključne besede:** patronažno varstvo, patronažna zdravstvena nega, patronažna medicinska sestra, zdravstvena vzgoja, obisk nosečnice.

## SUMMARY

**Introduction:** Pregnancy is an exciting period in the life of a pregnant woman, accompanied by numerous afflictions and changes, not only for her but also for her family. A pregnant woman is entitled to one preventive community care visit during her pregnancy, which is conducted by a community nurse. The community nurse uses health education as her working method. During their pregnancy, pregnant women are highly motivated to learn, therefore they strive to maintain their health and give birth to healthy children. With this research we wanted to find out the issues of the treatment of a pregnant woman from the perspective of a community nurse.

**Methods:** The research was based on the quantitative research method and the description method. The technique of survey was used. The measuring instrument used was the survey questionnaire which was made upon checking Slovene and foreign specialized and scientific literature. The survey included a non-accidental pattern and involved 67 community nurses. 61 questionnaires were returned and properly filled in, representing a 91 % realization of the pattern. The data was collected and processed with Microsoft Office Excel 2010.

**Results:** The respondents said that health education contents on the meaning of breastfeeding and its possible complications (mean=4,97), health education contents on a healthy lifestyle during pregnancy (mean=4,95) and health education contents on care and child nursing after coming home (mean=4,93) are of importance for pregnant women. The data shows that the treatment of a pregnant woman enables the respondents a continuous healthcare, first of the pregnant woman, then of the neonatal mother and after that of the newborn baby (mean=4,72). It also shows that through visits to the pregnant women they gain an insight into their living environment (mean=4,62). If the respondents got the information about the pregnant women in their field in time, they would carry out a visit (mean=4,48).

**Discussion and conclusion:** A community nurse mostly takes on the role of a healthcare teacher who during her visits provides the pregnant women with all the necessary information for a pregnancy without complications and for labour. We note that in the future, a unified notification system will be needed for informing community nurses from all over the country about the number of pregnant women by all gynaecology clinics.

**Keywords:** community care service, community healthcare, community nurse, health education, community care visit to a pregnant woman.