

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**SEZNANJENOST LJUDI V CELJSKI REGIJI Z ZNAKI IN  
UKREPANJEM PRI MOŽGANSKI KAPI**

**AWARENESS OF CELJE POPULATION ABOUT SIGNS AND  
TREATMENT OF BRAIN STROKE**

**Študentka: NINA ŠMARČAN**

**Mentorica: pred. BARBARA SMRKE, dipl. m. s., mag. zdrav. nege**

**Somentor: viš. pred. dr. ROMAN PAREŽNIK, dr. med.**

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## **POVZETEK**

**Uvod:** Moždanska kap se pojavi, ko je oskrba s krvjo v možganih prekinjena ali zmanjšana. Zaradi prekinjene oskrbe s krvjo pride do odmiranja možganskih celic. Za uspešno zdravljenje je potrebna hitra prepoznava znakov in simptomov možganske kapi. Ključen dejavnik uspešnega zdravljenja je čas. Namen raziskave je ugotoviti seznanjenost ljudi v celjski regiji z znaki in ukrepanjem pri možganski kapi.

**Metoda:** Raziskava je temeljila na kvantitativni metodi raziskovanja. Uporabili smo tehniko anketiranja. Za instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, priložnostni vzorec, v katerega smo vključili 108 zaposlenih v štirih različnih delovnih organizacijah v celjski regiji. Pravilno izpolnjenih je bilo 100 anketnih vprašalnikov, kar predstavlja 93 % realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Excel in programom SPSS.

**Rezultati:** 96 % anketirancev je odgovorilo, da možganska kap pomeni zaporo ali krvavitev žile v možganih, 59 % anketirancev se še ni srečalo z obolenjem, 74 % anketirancev ni prepoznalo kratice G. R. O. M. (govor, roka, obraz, minuta) in prav tako 82 % anketirancev ni prepoznalo pomena črk, 67 % anketirancev je odgovorilo, da kratica GROM ni dovolj splošno znana. 92 % anketirancev meni, da bi v situaciji, v kateri bi predvidevali, da ima oseba možgansko kap, takoj poklicali številko 112 in počakali zraven osebe. 93 % anketirancev meni, da hitro prepoznavanje in ukrepanje omili posledice možganske kapi in da je časovna omejitev pri zdravljenju možganske kapi 30 minut (64 %). 89 % anketirancev meni, da lahko sami prispevajo k preprečitvi možganske kapi. 71 % anketirancev je odgovorilo, da nimajo na voljo dovolj informacij o možganski kapi. 63 % anketirancev pridobiva informacije o možganski kapi iz medijev.

**Razprava in sklep:** Ugotavljamo, da je poznavanje obolenja in znakov med anketiranimi dobro. Prav tako dobro poznajo preventivne ukrepe. Slabše pa je poznavanje kratice GROM. Ugotovili smo tudi šibko korelacijo med poznavanjem pomena »moždanske kapi« in izobrazbo. Boljša osveščenost o obolenju, kratici in hitrejšemu ukrepanju ob sumu na možgansko kap bi lahko bistveno spremenila življenje marsikatere obolele osebe.

**Ključne besede:** možganska kap, znaki možganske kapi, ukrepanje pri možganski kapi, seznanjenost populacije z možgansko kapjo.

## **SUMMARY**

**Introduction:** A stroke occurs when the supply of blood to the brain is interrupted or decreased. Due to interrupted blood supply, brain cells die. Successful treatment requires rapid recognition of signs and symptoms of stroke. The key factor in successful treatment is time. The purpose of the study is to determine the knowledge of people in the Celje region with signs and actions in the stroke.

**Method:** The research was based on a quantitative method of research. We used the survey technique. For the instrument, we used a questionnaire, which we formulated on the basis of a literature review. We used a random sample in which we included 108 employees in four different work organizations in the Celje region. 100 questionnaires were correctly completed, representing 93 % of the sample realization. Data was collected and processed with Microsoft Excel and SPSS.

**Results:** 96 % of respondents answered that the stroke was a arterial occlusion or bleeding in the brain, 59 % of the respondents had not yet met with the disease, 74% of the respondents did not recognize the acronym F. A. S. T. (facial drooping, arm weakness, speech difficulties and time to call emergency services) and 82 % of the respondents did not even recognize the meaning of the letters, 67% respondents answered that the abbreviation GROM is not well known. 92 % of respondents feel that in a situation in which they would assume that the person has a stroke, they immediately call the number 112 and wait next to the person. 93 % of respondents believe that rapid recognition and action alleviate the effects of stroke and that the time limit is 30 minutes in the treatment of stroke (64 %). 89 % of respondents think they can contribute to preventing stroke. 71 % of respondents answered that they did not have enough information on the stroke. 63 % respondents receive information on stroke from the media.

**Discussion and conclusion:** We find that knowledge of the disease and signs among the interviewees are good. They also know the preventive measures well. The worse is the familiarity with the abbreviation FAST. We also found a weak correlation between the knowledge of meaning »brain stroke« and the education of respondents. Better awareness of the disease, acronym and quicker action could significantly change the lives of many ill persons.

**Key words:** stroke, brain stroke, familiarity with the stroke.