

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

POMEN ZDRAVSTVENE VZGOJE PACIENTA Z OSTEOPOROZO

**THE IMPORTANCE OF HEALTH EDUCATION OF PATIENTS WITH
OSTEOPOROSIS**

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**Študijski program: VISOKOŠOLSKI STROKOVNI ŠTUDIJSKI
PROGRAM ZDRAVSTVENA NEGA**

CELJE, 2017

POVZETEK

Uvod: Osteoporoza je bolezen, pri kateri prihaja do izgubljanja kostnine, zaradi česar postajajo kosti bolj krhke ter lomljive. Do zlomov prihaja že pri najmanjših poškodbah ali celo pri čisto navadnih obremenitvah. Najpogosteje se pojavlja pri ženskah po 50. letu, prizadene pa tudi moške. Bolezen močno vpliva na kakovost življenja pacienta. Pri zdravstveni negi pacienta z diagnosticirano osteoporozo je najpomembnejši dejavnik zdravstveno vzgojno svetovanje. Cilj tovrstne zdravstvene vzgoje je preprečevanje napredovanja bolezni, ohranjanje in izboljšanje kakovosti življenja ter izboljšanje preživetja. Namen raziskave je predstaviti pomen zdravstvene vzgoje pri pacientih z osteoporozo.

Metode dela: Raziskava je temeljila na kvantitativnem raziskovalnem pristopu. Pri tem je bila uporabljena deskriptivna metoda. Za instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, namenski vzorec, v katerega smo vključili 80 pacientov z osteoporozo. Pravilno izpolnjenih je bilo 68 anketnih vprašalnikov, kar predstavlja 85 % realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Excel 2010.

Rezultati: Rezultati raziskave kažejo, da anketirani pacienti z osteoporozo medicinski sestri zaupajo in upoštevajo navodila, ki so sicer skopa, ter menijo, da imajo medicinske sestre premalo časa za obravnavo pacienta z osteoporozo (54 %). Prav tako se anketiranci ne prehranjujejo pravilno in ne upoštevajo smernic o zdravem načinu prehranjevanja (63 %) ter ne posvetijo dovolj časa telesni dejavnosti. Rezultati kažejo, da jih več kot polovica uporablja zdravila (79 %) in prehranska nadomestila (56 %) ter da so že utrpeli osteoporotični zlom (68 %).

Razprava in sklep: Pomen zdravstveno vzgojnega dela pri pacientih z osteoporozo je velik, saj lahko z dobrim zdravstveno vzgojnim delom preprečimo napredovanje bolezni, tj. osteoporoze. Ugotavljamo, da pacienti z osteoporozo niso deležni kakovostne zdravstveno vzgojne obravnave s strani medicinske sestre zaradi zdravstvenega sistema, ki preventivi poslabšanja bolezni posveti premalo časa in ne omogoča ustreznega izobraževanja medicinskih sester. Prav tako še ni referenčnih ambulant, kjer bi individualno obravnavali paciente z osteoporozo.

Ključne besede: osteoporoza, osteoporotični zlomi, zdravstveno vzgojno delo medicinske sestre, telesna aktivnost, zdrava prehrana

SUMMARY

Introduction: Osteoporosis is a disease where bones lose their bone tissue, which makes them more fragile and brittle. Even some minor injuries or very ordinary loads can cause bone fractures. The disease is most common with women after the age of 50, but it also affects men. It has a major impact on the quality of life of the patient. In health care of a patient diagnosed with osteoporosis, the most important factor is health education counselling. The aim of such health education is to prevent the progression of the disease, to maintain and improve the quality of life, and to improve survival. The purpose of this study is to present the importance of health education for patients with osteoporosis.

Methods: The research is based on a quantitative approach, using a descriptive method. For our thesis we used a structural instrument, which was developed based on an overview of literature. A non-probability, purposive sample was used, which included 80 patients with osteoporosis. 68 questionnaires were correctly filled out, which represents an 85 % sample realization. The data was collected and processed using Microsoft Excel 2010.

Results: The results of the study show that the surveyed patients with osteoporosis trust the nurse, follow the instructions that are otherwise scarce, and believe that the nurses do not have enough time to deal with a patient with osteoporosis (54 %). Also, the respondents do not eat properly, do not follow the guidelines of a healthy diet (63 %) and do not devote enough time to physical activity. The results show that more than a half of the respondents use drugs (79 %) and nutritional supplements (56 %), and they have already suffered an osteoporotic fracture (68 %).

Discussion and conclusion: The importance of health education for patients with osteoporosis is significant, because with good health education you can prevent the progression of the disease, i.e. osteoporosis. We note that the patients with osteoporosis do not receive high quality health education treatment by the nurses because of the health system, which does not devote enough time to prevent the deterioration of the disease and does not provide the proper education for nurses. There are also no referential clinics, which would provide individual treatment for patients with osteoporosis.

Keywords: osteoporosis, osteoporotic fractures, health educational work of a nurse, physical activity, healthy nutrition