

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**KAKOVOST ŽIVLJENJA PACIENTA S KRONIČNO LEDVIČNO
BOLEZNIJO**

QUALITY OF LIFE PATIENT WITH CHRONIC KIDNEY DISEASE

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POVZETEK

Uvod: Kronična ledvična bolezen je zelo razširjena, njeni znaki se pojavijo zelo pozno. Razvoj bolezni je odvisen od posameznika in okolice, v kateri živi. Zdravljenje je odvisno od izbire nadomestnega zdravljenja: peritonealne dialize, hemodialize ali transplantacije ledvice. Pacientu z diagnozo kronična ledvična bolezen se zaradi omejitev, ki jih zahtevajo vse vrste zdravljenja, zelo spremenita način in kakovost življenja. Z raziskavo smo želeli ugotoviti, kako kronična bolezen ledvic ob različnih načinih zdravljenja vpliva na kakovost življenja pacienta.

Metoda: Za izdelavo diplomskega dela smo v empiričnem delu uporabili kvalitativno metodo raziskovanja, metodo deskripcije. Izdelali smo študijo primera, podrobno in sistematično analizirali odgovore na postavljena vprašanja. Instrument raziskave je bil polstrukturiran intervju s pacientko, ki ima kronično ledvično obolenje. Najprej se je zdravila z hemodializo, ki ji je sledila transplantacija ledvice.

Rezultati: Pri analizi intervjuja smo prepoznali glavno kategorijo – kakovost življenja pacienta s kronično ledvično boleznijo ter podkategorije: predializno zdravljenje, hemodializa in življenje po transplantaciji. Pri vseh podkategorijah smo prepoznali kode. V času predializnega zdravljenja so na kakovost življenja pacientke najbolj vplivali stranski učinki zdravljenja, izguba prijateljev in napor za dokončanje študija. Hemodializno zdravljenje so zaznamovali utrujenost, spremenjen ritm življenja in prehranjevanja, izguba partnerja ter navkljub vsem težavam uspešna vključitev v delo. Po transplantaciji ledvice se ji s pomočjo medicinskih sester ter transplantiranih pacientov življenje počasi normalizira.

Razprava in sklep: Raziskava je pokazala, da se je pacientki kakovost življenja v času zdravljenja s kronično ledvično boleznijo, v primerjavi z zdravo populacijo, zelo spremenilo na duševni, socialni in telesni komponenti. Ugotovili smo, da bolezen spremeni kakovost življenja ne samo pacientu, ampak tudi njegovim svojcem. Čeprav je bila pacientka predvsem zaradi pomanjkljive podpore medicinske sestre pozno vključena na čakalno listo za transplantacijo ledvice, po uspešni transplantaciji le-te, kljub nekaterim omejitvam, uživa polno in kakovostno življenje. Zdravstveni delavci so v nenehnem stiku s pacientom, zato je zelo pomembno, da poskrbijo za koordinirano delovanje ter dajo velik poudarek na permanentno izobraževanje in primeren način komuniciranja.

Ključne besede: kronična ledvična bolezen, kronična ledvična odpoved, hemodializa, transplantacija ledvice, kakovost življenja po transplantaciji ledvice, zdravstveno vzgojno delo.

ABSTRACT

Introduction: Chronic kidney disease is widespread; its symptoms appear very late. The development of the disease depends on the individual and the surroundings in which they live. Treatment depends on the choice of replacement therapy: peritoneal dialysis, haemodialysis or kidney transplants. To a patient diagnosed with chronic kidney disease as a result of restrictions imposed by all kinds of treatment, the way and quality of life change greatly. With this study we wanted to determine how chronic kidney disease at different ways of treatment affects the quality of life of the patient.

Method: For the empirical part of the thesis we have used the qualitative research method. We prepared a study of the individual case and systematically and in detail analysed the answers to the questions. The research instrument was a structured interview with a patient who has chronic kidney disease. She was first treated by haemodialysis, followed by a kidney transplant.

Results: With the analysis of the interview, we identified the main category – quality of life in patients with chronic kidney disease and subcategories: life in pre-dialytic period, during haemodialysis and life after kidney transplantation. In all the subcategories we recognized the codes. During the pre-dialytic treatment the quality of life of the patient mostly influenced side effects of the treatment, the loss of her friends and efforts to complete the study. Haemodialysis treatment was accompanied with fatigue, different way of life and diet, loss of her partner and despite all efforts a successful start in working life. After a successful kidney transplantation becomes her life with the help of the nurses and transplant patients normal again.

Discussion and conclusion: The research showed that the patient's quality of life during the treatment of her chronic kidney disease compared with the healthy population has changed immensely in the mental, social and physical components. We found out that the disease changes the quality of life for both the patient and her/his relatives. The patient was included late in the waiting list for a kidney transplant mainly due to the lack of support by a nurse. However, after a successful renal transplantation, despite certain limitations, she enjoys a full and quality life. Health professionals are in constant contact with the patient, so it is very important to ensure the coordinated work and put a strong emphasis on permanent education and appropriate means of communication.

Keywords: chronic kidney disease, chronic renal failure, haemodialysis, renal transplantation, quality of life after kidney transplantation, health education work