

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**VPLIV NOVIH SMERNIC ZA PREHRANO DOJENČKOV V  
SLOVENIJI NA IZKLJUČNO DOJENJE**

**THE IMPACT OF THE NEW NUTRITION GUIDELINES FOR  
INFANTS IN SLOVENIA ON EXCLUSIVE BREAST FEEDING**

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## IZVLEČEK

**Uvod:** Medicinska sestra pomaga in svetuje pri dojenju. Izhodišče za svetovanje so smernice zdravega prehranjevanja za dojenčke.

**Namen:** Želimo ugotoviti, ali se nasveti medicinskih sester glede izključnega dojenja razlikujejo in ali je dovolj relevantnih virov za pridobivanje znanja.

**Metode dela:** Teoretična izhodišča smo pridobili z analizo strokovne literature. V raziskovalnem delu smo uporabili metodo anketiranja. Raziskovalni vzorec je zajemal 30 anketiranih medicinskih sester, ki na primarni ravni svetujejo glede dojenja in prehrane dojenčkov.

**Rezultati:** Raziskava je pokazala, da medicinske sestre različno razumejo, kako dolgo naj bo otrok izključno dojen. Čeprav vsi sodelujoči (100 %) v anketi menijo, da poznajo pomen izključnega dojenja in smernice za trajanje izključnega dojenja, so odgovori pokazali nasprotno. Rezultati ankete kažejo na neskladnost pri svetovanju glede dojenja. Zaskrbljujoče je, da večina (83 %) sodelujočih meni, da ima dovolj strokovnih znanj na področju prehrane dojenčkov za svetovanje staršem. Visok delež (80 %) sodelujočih meni, da jim je na voljo dovolj virov za pridobivanje znanja in da je v delovnih organizacijah premalo organiziranih izobraževanj.

**Razprava in sklep:** Kljub dostopnosti virov informacij, še vedno prihaja do razlik v svetovanju glede dojenja. Delovne organizacije bi morale ponuditi več organiziranih izobraževanj, več pozornosti je potrebno nameniti izmenjavi strokovnih izkušenj in sodelovanju vseh služb, ki svetujejo glede dojenja; medicinske sestre pa bi se morale tudi samoiniciativno izobraževati.

**Ključne besede:** dojenje, smernice zdravega prehranjevanja za dojenčke, informiranost medicinske sestre, svetovanje pri dojenju.

## **ABSTRACT**

**Introduction:** A nurse helps and consults with breast-feeding. Starting points for consulting are guidelines of healthy nutrition for babies.

**Aim:** It is intention to find out if there is a difference about consulting of exclusive breast-feeding from nurse to nurse and if there is enough sources to provide knowledge.

**Methodology:** We gain starting points by analysing technical aspects. By the researching the method of polling was used. The research sample involved 30 surveyed nurses giving advices to parents at the primary level about the breastfeeding and nutrition of their infants.

**Results:** Research has shown different understanding of nurses how long the exclusive breast-feeding should last. Although all participants (100 %) think that they know the meaning of exclusive breast-feeding and guideline of exclusive breast-feeding the answers in continuation show the opposite. According to the pool results, which show the disparity by the consulting about breast-feeding it is alarming that the most of the participants (83 %) think to have enough knowledge to consult the parents about nutrition for babies. The high percentage of participants (80 %) think that they have enough sources for getting knowledge but according to their opinion there is not enough organized education in hospitals and health centres.

**Discussion and conclusion:** Despite accessibility to sources of information there are still differences by the consulting about exclusive breast-feeding. The hospitals and health centres should provide more organized educations. There should be intended more attention to exchanging of expert experiences for consulting workers. Nurses should improve self - initiative in education.

**Keywords:** breast-feeding, guidelines for healthy nutrition for babies, nurses' information status, consulting by breast-feeding.