

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**KAKOVOST ŽIVLJENJA PACIENTOV PO AMPUTACIJI SPODNJE
OKONČINE**

**QUALITY OF LIFE OF PATIENTS AFTER AMPUTATION OF LOWER
LIMBS**

Študentka: BARBARA ZELIČ

**Mentorica: viš. pred. mag. DARJA PLANK viš. med. ses., prof. zdr.
vzg.**

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

CELJE, 2016

POVZETEK

Uvod: Razlogi za amputacijo spodnjega uda so različni, izguba spodnje okončine pa lahko posamezniku predstavlja veliko oviro, vpliva na njegovo zdravje in dobro počutje. Poleg nesreč so vzroki za izgubo spodnje okončine tudi v različnih zdravstvenih težavah, kot so diabetes mellitus, malignost ter najpogosteje bolezní perifernega ožilja. Osebe morajo po amputaciji uda v gibanje vložiti bistveno več fizičnega in miselnega napora kot sicer.

Metoda: Raziskava je temeljila na kvantitativni metodi raziskovanja in metodi deskripcije. Uporabili smo tehniko anketiranja. Za instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, priročni vzorec. Vsi anketni vprašalniki so bili v celoti pravilno izpolnjeni. Podatki so bili zbrani in obdelani s programom Microsoft Word in Excel.

Rezultati: V anketi je sodelovalo 40 oseb, od tega jih je bilo 31 moškega in 9 ženskega spola. Rezultati raziskave so pokazali, da se anketiranim osebam kakovost življenja po amputaciji uda ni bistveno poslabšala in da imajo anketiranci po amputaciji uda spremenjeno samopodobo. Anketiranci imajo največ težav pri vsakodnevnih aktivnostih, kot sta hoja po stopnicah in vožnja z avtomobilom. Večina anketirancev ima fantomsko bolečino, ki jih ovira pri vsakodnevnih aktivnostih. Večina se boji izgube druge noge.

Razprava in sklep: Amputacija spodnje okončine vpliva na samopodobo in kakovost življenja. Vsak posameznik doživlja amputacijo drugače, večina ima podobne težave. Vsi si želijo enako – ponovno hoditi. Kakovost življenja se spreminja, pri tem pa imajo velik vpliv tudi družina in svojci.

Ključne besede: kakovost življenja, pacient, amputacija spodnje okončine, samopodoba

ABSTRACT

Introduction: Reasons for amputation of the lower limb are different; loss of a limb may represent a major obstacle to an individual, affect his health and well-being. In addition to the accidents causes for the loss of the leg above the knee lie in a variety of health problems, such as diabetes mellitus, trauma, malignancy and, as the most common reason, peripheral vascular disease. After amputation people need to bring much more physical and mental effort in the movement than usual.

Method: The study is based on quantitative methods of research, method descriptions. We have used the technique of interviewing. As an instrument a questionnaire was used, which was formed on the basis of a literature review. We used random, convenient sample. All survey questionnaires were fully completed correctly. Data were collected and processed using Microsoft Word.

Results: The survey involved 40 people, of whom 31 were males and 9 females. The results of the questionnaire showed that respondents revised self-esteem, because with every surgery the self-image changes. Respondents experience a lot of difficulties in everyday activities, such as climbing stairs and driving a car. We found that the majority of respondents' self-image has changed: the most common problem is when driving a car and climbing stairs. Half of the respondents have phantom pain, which also hinders the daily activities and most are afraid to lose the other leg.

Discussion and conclusion: Amputation of a limb impacts the body image and a quality of life. Each individual is experiencing amputation differently, most have similar problems, but they all want the same - to walk again. Quality of life changes in time and this has a great impact on family and relatives.

Keywords: quality of life, patient, amputation of the lower extremities, self-esteem.