

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**ZDRAVSTVENA NEGA ŽENSK Z MALIGNIM OBOLENJEM RODIL  
WOMEN'S NURSING CARE WITH MALIGNANT GENITAL DISEASE**

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## IZVLEČEK

**Uvod:** Žensk ne prizadene samo diagnoza rak, temveč odstranitev reproduktivnih organov, saj jim to pomeni odvzem ženskosti. Pomembno je zgodnje diagnosticiranje raka rodil, pri čemer ima zdravstveno vzgojno delo velik pomen. Medicinska sestra, ki želi nuditi ženskam psihično podporo, potrebuje veliko znanja, sočutja in empatije.

**Namen:** Namen diplomskega dela je bil predstaviti zdravstveno nego žensk z malignim obolenjem rodil.

**Metode dela:** Uporabljena je bila deskriptivna metoda dela s pregledom domače in tuje literature. Predstavili smo študijo primera bolnice z malignim obolenjem rodil, hospitalizirane na Ginekološko-porodniškem oddelku Splošne bolnišnice Celje. Bolnico smo obravnavali po procesni metodi dela. Uporabili smo kvalitativno metodo dela: tehniko intervjuja s pomočjo delno strukturiranega vprašalnika.

**Rezultati:** Pri obravnavi bolnice z malignim obolenjem rodil smo ugotovili naslednje prioritete negovalne diagnoze: možnost odklanjanja, težave pri požiranju, utrujenost, zmanjšano zmožnost za fizično aktivnost, motnje spanja, bolečino, strah, nevarnost nizkega samospoštovanja. Naloge medicinske sestre so bile usmerjene v izvajanje zdravstveno vzgojnega dela, psihično podporo in spodbujanje bolnice k čim večji samostojnosti pri opravljanju dnevnih aktivnosti. Z raziskavo smo ugotovili, da je bila bolnica pomanjkljivo informirana o dejavnikih tveganja za nastanek raka na rodilih.

**Razprava in sklep:** Za obravnavo pacientke z malignim obolenjem rodil je pomemben multidisciplinaren pristop, bolnico je potrebno naučiti samoopazovanja in poudariti pomen rednih ginekoloških pregledov.

Za večjo osveščenost žensk glede dejavnikov tveganja za nastanek raka rodil, ugotavljamo, da bi bilo pri vsaki ženski na ginekološkem pregledu smiselno preveriti njeno znanje s področja reproduktivnega zdravja in vršiti individualno zdravstveno vzgojno delo.

**Ključne besede:** rak rodil, zdravstvena nega, medicinska sestra, reproduktivno zdravje, program ZORA.

## **ABSTRACT**

**Introduction:** Women are affected not only by cancer diagnosis, but also by the removal of the female reproductive organs, which means taking of femininity. An early diagnosis of gynecological cancer is important, where the health education work has a great significance. A nurse who wishes to offer psychological support to women needs a lot of knowledge, compassion and empathy.

**Purpose:** The purpose of diploma paper was to present women's health care with malignant genital disease.

**Research methods:** It was used the descriptive research method with the review of domestic and foreign literature. We presented a case study of the female patient with malignant genital disease hospitalized in the Department of Gynecology and Obstetrics of Celje General Hospital. The female patient was treated by the process research method. We used the qualitative research method: an interview technique with the help of the semi-structured questionnaire.

**Results:** In the treatment of the female patient, we found the following priority nursing diagnoses: the possibility of rejection, swallowing difficulties, fatigue, reduced capacity for physical activity, sleep disorders, pain, fear, risk of low self-esteem. Duties of the nurse were focused on the implementation of health education work, psychological support and the encouragement of the female patient to maximize her independence in carrying out daily activities. With our research, we found that the female patient was inadequately informed about the risk factors for the creation of gynecological cancer.

**Discussion and conclusion:** A multidisciplinary approach is important for the treatment of the female patient with malignant genital disease. The female patient needs to learn self-observation and to ephasize the importance of regular pelvic exams.

To raise greater awareness of women regarding the risk factors for the creation of gynecological cancer, we try to find out that it would make sense for each woman having a pelvic exam to verify her knowledge in the field of reproductive health and to execute the individual health education work.

**Key words:** gynecological cancer, health care, nurse, reproductive knowledge, Zora programme.