

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**IZKUŠNJE IZVAJALCEV ZDRAVSTVENE NEGE S PACIENTI V
ALKOHOLNEM DELIRIJU**

**EXPERIENCE OF EMPLOYEES IN NURSING CARE WITH PATIENTS
WITH ALCOHOL WITHDRAWAL**

Študent: HELENA KOVAČ

Mentorica: viš. pred. DUŠKA DREV, viš. med. ses., univ. dipl. org.

**Somentorica: doc. dr. ZDENKA ČEBAŠEK-TRAVNIK, dr. med., spec.
psih.**

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

CELJE, 2016

POVZETEK

Uvod: V delo izvajalcev zdravstvene nege na oddelku za bolezni prebavil sta vključeni tudi skrb in obravnava pacientov v alkoholnem deliriju. Pri slednjih se pojavljajo simptomi, kot so agresivnost, razdražljivost in nepredvidljivost, zaradi česar predstavljajo večji stres in napor za zaposlene. Z raziskavo smo želeli predstaviti izkušnje izvajalcev zdravstvene nege pri delu s pacienti v alkoholnem deliriju.

Metoda: V raziskavi je bila uporabljena kvantitativna metoda dela. Teoretični del je temeljil na metodi deskripcije s študijem domače in tuje strokovne literature. Za zbiranje podatkov smo kot instrument uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature. Uporabili smo neslučajni, priložnostni vzorec, v katerega smo vključili 33 izvajalcev zdravstvene nege na oddelku za bolezni prebavil Splošne bolnišnice Celje. Vrnjenih in pravilno izpolnjenih smo prejeli 26 anketnih vprašalnikov, kar predstavlja 79 % realizacijo vzorca. Podatki so bili zbrani in obdelani s programoma Microsoft Office Excel in Microsoft Word.

Rezultati: 26 (100 %) izvajalcev zdravstvene nege prepozna znake in je seznanjena s posledicami alkoholnega delirija ter jih zna naštetih vsaj pet. Podatki kažejo, da sta 16 (62 %) anketiranim ustrezno okolje in kakovostna zdravstvena nega zelo pomembna, ostalih 10 (38 %) pa meni, da sta pomembna, vendar jih večina pojasnjuje, da za njuno zagotovitev na njihovem oddelku ni na voljo dovolj ustreznega prostora oziroma kadra. 24 (92 %) anketiranih izvajalcev zdravstvene nege je seznanjenih s posebnimi varovalnimi ukrepi (PVU). 24 (92 %) jih pri uporabi PVU vedno ravna v skladu z zapisanimi organizacijskimi navodili. Izmed vseh anketiranih jih 18 (69 %) meni, da jim delo s pacienti v alkoholnem deliriju predstavlja večji stres kot delo z drugimi pacienti.

Razprava in sklep: Iz rezultatov v raziskavi smo ugotovili, da anketirani prepoznajo znake alkoholnega delirija in da se zavedajo, da pacienti v alkoholnem deliriju potrebujejo zahtevnejšo zdravstveno nego. Kljub temu pa jim izvajanje kakovostne zdravstvene oskrbe pri teh pacientih predstavlja večji stres kot pri delu z drugimi pacienti. Pri agresivnejših pacientih jih večina zna uporabljati PVU, ki se jim zdijo etično sprejemljivi, saj tako zaščitijo pacienta samega in druge osebe. Anketirani kot razlog, zakaj na njihovem oddelku ni mogoče zagotoviti ustreznega okolja pacientom v alkoholnem deliriju, navajajo pomanjkanje prostora in kadra.

Ključne besede: alkoholni delirij, zdravstvena nega, medicinska sestra, posebni varovalni ukrepi

SUMMARY

Introduction: Nursing care providers working at a gastroenterology department also treat patients suffering from alcohol withdrawal delirium. The patients show symptoms such as aggression and irritability and are likely unpredictable. In turn, these symptoms mean a more stressful work environment and more strenuous work for the employees. The goal of our research was to show the experience of nursing care providers working with patients suffering from alcohol withdrawal delirium.

Method: The study used a quantitative methodology. In the theoretical part of the study we used the descriptive method, studying both sources from Slovenia and abroad. The data was gathered with a questionnaire composed on the basis of the studied source material. The study surveyed 33 randomly chosen nursing care providers at the gastroenterology department of the General Hospital Celje of which 26 (or 79 %) have responded and answered the questionnaire. The data was gathered and processed using Microsoft Office Excel and Microsoft Office Word.

Results: 26 (100 %) of the responding nursing care providers recognize the symptoms of alcohol withdrawal delirium and are able to name at least five symptoms. The data suggests that 16 (62 %) of the persons surveyed believe that a suitable environment and proper nursing care are very important for the patient's well-being. The remaining 10 (38 %) although agreeing with the first group, believe that their departments lacked the suitable facilities and staff to provide such an environment. 24 (92 %) of the persons surveyed were familiar with the special precautionary measures and acted according to the measures when required. 18 (69 %) of the persons surveyed stated that working with patients suffering from alcohol withdrawal delirium is more stressful.

Discussion and conclusion: The results indicate that the persons surveyed recognized the symptoms of alcohol withdrawal delirium and were aware that patients suffering from alcohol withdrawal delirium require more intensive care, additionally; the persons surveyed believe that working with such patients is more stressful. The majority of the persons surveyed also know how to apply special precautionary measures and find them ethically justifiable as such measures protect people nearby as well as the patients themselves. The persons surveyed stated that their departments were unable to provide a suitable environment for patients suffering from alcohol withdrawal due to the lack of suitable facilities and staff.

Keywords: alcohol withdrawal delirium, nursing care, nurse, special precautionary measures