

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**OZAVEŠČENOST PACIENTOV O DEJAVNIKIH TVEGANJA ZA
NASTANEK RAKA DEBELEGA ČREVESJA IN DANKE**

**PATIENTS AWARENESS OF RISK FACTORS FOR COLORECTAL
CANCER**

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POVZETEK

Uvod: Poznavanje dejavnikov tveganja, ki vplivajo na nastanek raka debelega črevesja in danke, je zelo koristno za posameznika pri ohranitvi zdravja. Ključnega pomena pri tem je zdravstvena vzgoja pacientov. Delo diplomirane medicinske sestre v referenčni ambulanti temelji na ozaveščanju pacientov in zdravstveno-vzgojnemu delu o vplivu dejavnikov tveganja na razvoj raka debelega črevesja in danke. Namen diplomskega dela je predstaviti ozaveščenost pacientov o dejavniki tveganja za nastanek raka debelega črevesja in danke.

Metoda: Raziskava je temeljila na kvantitativni metodi raziskovanja. Uporabili smo tehniko anketiranja. Podatki v raziskavi so bili pridobljeni s pomočjo anketnega vprašalnika, ki smo ga oblikovali na osnovi pregleda strokovne literature. Uporabili smo neslučajnostni vzorec, v katerega smo vključili 50 pacientov v referenčni ambulanti Zdravstvenega doma Slovenska Bistrica. Vrnjenih je bilo 50 vprašalnikov, kar predstavlja 100 % realizacijo vzorca. Podatki so bili obdelani s programom Microsoft Office Excel 2016.

Rezultati: Po mnenju 74 % anketiranih med najpogostejše dejavnike tveganja za nastanek raka debelega črevesja in danke spada hitra prehrana. 64 % anketiranih meni, da zaseda telesna neaktivnost drugo mesto, na tretjem mestu pa je kajenje, kar meni 60 % anketirancev. Kot najpogostejši vir informacij o preventivi pred nastankom raka debelega črevesja in danke so navajali časopis in revije (84 %), najmanj informacij prejmejo od osebnega zdravnika (30 %). 76,6 %, vprašanih je odgovorilo, da so s prejetimi informacijami o dejavniki tveganja za nastanek raka debelega črevesja in danke v referenčni ambulanti zadovoljni. Kakovost prejetih informacij pa ocenjujejo kot dobro. Vabilo programa SVIT je prejelo 49 % anketiranih, nanj se je odzvalo 81,5 %, 5 vprašanih (18,5 %) se povabilu ni odzvalo. Vzrok za neodzivnost so pripisali strahu in ker ne vidijo smisla oz. koristi tega programa.

Razprava in sklep: V raziskavi ugotavljamo, da so pacienti dobro ozaveščeni o dejavniki tveganja za nastanek bolezni in jih tudi dobro obvladujejo. Za svoje zdravje skrbijo dobro, predvsem na področju prehrane. Pri dejavniki tveganja, kot so: alkohol, kajenje, stres, so anketiranci dokaj dobro ozaveščeni. Na področju gibanja oz. telesne neaktivnosti pa smo ugotovili, da je anketiranim še nejasno, koliko dejavnosti je potrebne za zdrav življenjski slog. Iz ankete smo razbrali, da so anketiranci večino informacij prejeli z interneta, iz časopisov, revij, medijev itd. Tukaj ima pomembno vlogo tudi diplomirana medicinska sestra v referenčni ambulanti s pravilno podanimi informacijami, podprtimi z znanstvenimi raziskavami in zdravstveno vzgojo, ki jo je potrebno podati na pacientu razumljiv način.

Ključne besede: rak debelega črevesja in danke, dejavniki tveganja, preventiva, pacient, medicinska sestra.

SUMMARY

Introduction: Knowing the risk factors for colorectal cancer is essential for health condition of the individuals. Health education of these patients is crucial. The work of registered nurse in referential outpatient clinic is based on health education about risk factors for colorectal cancer in these patients. The aim of the present work was to present awareness of these patients about risk factors for colorectal cancer.

Method: The study based on quantitative research method. We collected the data with questionnaire and enrolled 50 patients who attended the referential outpatient clinic in Health centre Slovenska Bistrica. All patients returned fulfilled questionnaires. Microsoft Office Excel 2016 was used for data collecting and statistical analysis.

Results: The patients believe that fast food (74 % of patients), physical inactivity (64 % of patients) and smoking (60 % of patients) are major risk factors for colorectal cancer.

Majority of them (84 %) found the information about cancer prevention in newspapers and magazines. Less than third of patients (30 %) received cancer prevention information from general partitions. Further, 76,6 % of patients got appropriate and useful information about risk factors in referential outpatient clinic. Only 49 % of patients were invited to SVIT program and 81,5 % responded to the invitation. Those who ignored the invitation felt fear from the program, were not familiar with the program and did not see the benefits of the program.

Discussion and the conclusion: We found good awareness about the risk factors for colorectal cancer among the patients enrolled in our study. They are focused on food; half of them have three meals per day. The food they eat is full of fruits and vegetables and they believe that healthy nutrition diminished the risk for development of colorectal cancer. They are familiar with major risk factors like alcohol, smoking and stress. The healthy quantity of physical activity needed remains unclear. The fact is that the life style and lack of time for unstressed activity have the impact on health condition. We believe, despite a lot of information the patients received in referential outpatient clinics, the information could be misunderstood. Since our patients found majority of information on net, in the newspaper and magazines, the received information could be also unproved by professionals. At this point the enrolment of registered nurse could be beneficial in a way to present the evidence-based information to the patients understandable.

Keywords: colorectal cancer, risk factor, prevention, patient, nurse.