

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**PATRONAŽNA MEDICINSKA SESTRA IN IZVAJANJE PALIATIVNE
ZDRAVSTVENE NEGE**

**PATRONAGE NURSE AND IMPLEMENTATION OF PALLIATIVE
NURSING CARE**

Študentka: KLAVDIJA INKRET

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POVZETEK

Uvod: Paliativna zdravstvena nega predstavlja pomembno področje paliativne zdravstvene oskrbe. Pomemben del paliativnega tima predstavlja patronažna medicinska sestra, ki za izvajanje paliativne zdravstvene nege potrebuje veliko specifičnih znanj z različnih področij paliativne oskrbe ter kontinuirano izpopolnjevanje, saj razvoj tega zdravstvenega področja prinaša vedno nove spremembe. Pri svojem delu se patronažne medicinske sestre kljub velikim spremembam na področju paliativne oskrbe v Sloveniji še vedno srečujejo z različnimi težavami. Namen raziskave je bil ugotoviti, koliko patronažne medicinske sestre poznajo področje izvajanja paliativne zdravstvene nege, s katerimi strokovnimi sodelavci ali službami se pri izvajanju paliativne zdravstvene nege največkrat povezujejo ter s kakšnimi težavami se pri svojem delu na tem področju srečujejo.

Metoda: Raziskava je temeljila na kvantitativni metodi raziskovanja, 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, v katerega smo vključili 66 izvajalcev patronažne zdravstvene nege. Pravilno izpolnjenih je bilo 64 anketnih vprašalnikov, kar predstavlja 97-% realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel.

Rezultati: 83 % anketirancev je pojem paliativna oskrba dobro znan. Podatki kažejo, da se anketirani pri izvajanju paliativne zdravstvene nege največ povezujejo z osebnim zdravnikom (98 %), ambulantno za zdravljenje bolečine (88 %) ter s člani in prostovoljci društva Hospic (32 %). Patronažne medicinske sestre se z izbranimi strokovnimi delavci ali službami največkrat povezujejo prek sestankov, kjer si izmenjajo informacije in mnenja (36 %), v 33 % povezovanje poteka prek telefonskih pogovorov, 27 % pa se jih povezuje tudi prek skupne obravnave pacienta na njegovem domu. Največji težavi, ki se pojavljata pri njihovem delu, sta neusklajenost med posameznimi ravnmi, na katerih je pacient obravnavan (44 %), ter premalo organizirane podpore za reševanje osebnih stisk, ki nastanejo ob delu z umirajočimi in njihovimi svojci (41 %). Anketirane pri izvajanju kakovostne paliativne zdravstvene nege najbolj ovirata slaba poučenost pacienta in njegovih bližnjih o pacientovi bolezni (36 %) ter pomanjkanje specifičnih znanj o neozdravljivih boleznih, načinih zdravljenja in lajšanja bolečin ter o postopkih in posegih, ki so z njimi povezani (33 %). 42 % anketiranih meni, da ima dovolj strokovnih znanj in veščin za kakovostno obravnavo paliativnega pacienta ter da z izvajanjem potrebnih negovalnih intervencij in diagnostično terapevtskih postopkov nimajo težav (52 %), kar 39 % anketiranih pa se le delno strinja, da nimajo težav na področju prepoznavanja pacientovih potreb v zadnjem obdobju življenja. Podatki kažejo, da so anketirani (45 %) največ znanja o paliativni oskrbi pridobili s prakso (pri delu v patronažnem varstvu), da imajo možnosti za pridobivanje dodatnih znanj iz paliativne zdravstvene nege in oskrbe, bi si pa želeli več znanja pridobiti na področju komuniciranja v paliativni oskrbi (33 %).

Razprava in sklep: Ugotavljamo, da področje paliativne oskrbe v Sloveniji še vedno ni sistemsko urejeno, saj med posameznimi ravnmi prihaja do neusklajenosti.

Sklepamo, da se patronažne medicinske sestre posledično zaradi tega pri svojem delu srečujejo z različnimi težavami, kar pa zagotovo vpliva tudi na kakovost izvajanja paliativne zdravstvene nege.

Ključne besede: paliativna zdravstvena nega, patronažna medicinska sestra, znanje o paliativni negi, izobraževanje v paliativni oskrbi.

SUMMARY

Introduction: Palliative nursery care represents an important area of palliative care. The important part of palliative team is a home care nurse, who needs a lot of specific knowledge about palliative care and constant training because the development of this area brings new discoveries and improvements. Home care nurses are facing with various problems at their work, despite significant changes in the field of palliative care in Slovenia. Our research is focused on how much home care nurses know about the field of palliative health care, which experts or professional services they usually work with and about difficulties they are facing.

Method: This study is based on quantitative empirical research, descriptive method. We used the technique of interviewing people with written structured questionnaire. Questionnaire was based on the reviewed literature. We used convenience sample, which also includes 66 providers of home care nursing. Correctly completed were 64 questionnaires that represents 97% realization of the sample. Data was collected and statistically analyzed with program Microsoft Office Excel.

Results: 83 % interviewers know the term palliative care very well. The results show that the respondents in implementing palliative nursing cooperate the most with family doctor (98 %), pain clinics (88 %) and with members and volunteers of Hospic (32 %).

Home care nurses consult with their professional coworkers or services usually on meetings, where they share information and opinions (36 %), over the telephone (33 %), and also as a common treatment of the patient at his home (27 %). The biggest difficulties that emerged at their profession are the lack of coordination between the various levels at which the patient is treated (44 %) and the lack of organized support to deal with personal crises that arise when working with the dying and their relatives (41 %). Respondents are hinder the most by the poor knowledge of the patient and his family about the patient's disease (36 %), also the lack of expertise about incurable diseases, new treatments, and pain relief processes, and procedures and interventions that are related (33 %). 42 % of the interviewers agree that they have enough professional skills and knowledge for quality patient's treatment and that they have no problems with the implementation of the necessary nursing interventions and diagnostic or treatment procedures (52 %) but 39 % of them partially agrees that they have no problems in recognizing needs of the patient in the last stages of life. Data show that respondents (45 %) get the majority of their knowledge about palliative care through practice (taking part in home care nursing) that there are the chances of getting additional knowledge of palliative care and nursing and that they would like to acquire more communicating skills in palliative care (33 %).

Discussion and conclusion: We note that the field of palliative care in Slovenia has still not been systematically regulated, since between the various levels of mismatches occur. Based on our research, we conclude that home care nurses consequently face with different problems, which certainly affects quality of palliative nursing.

Key words: palliative nursery care, home care nurse, knowledge about palliative care, education in palliative care.