

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

SPREMLJANJE NOSEČNOSTI – VLOGA MEDICINSKE SESTRE

MONITORING OF PREGNANCY – THE ROLE OF NURSE

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IZVLEČEK

Uvod: Temeljna naloga medicinske sestre/babice pri spremljanju nosečnosti je zdravstvena vzgoja nosečnic. Zdravstveno vzgojene nosečnice redno hodijo na preventivne preglede, obiskujejo šolo za starše skupaj s partnerjem, redno jemljejo folno kislino, skrbijo za zdravo prehrano in telesno aktivnost, opravijo presejalne teste, so poučene o negi novorojenčka, si znajo lajšati težave med nosečnostjo, se izogibajo okužbam, škodljivim dejavnikom okolja in razvadam.

Namen: Predstaviti vlogo medicinske sestre/babice pri spremljanju nosečnosti.

Metode dela: V raziskavi smo uporabili deskriptivno metodo raziskovanja s študijem domače in tuje literature. Kot instrument raziskave smo uporabili anketni vprašalnik, ki je vseboval predvsem vprašanja zaprtega tipa. Raziskovalni vzorec je zajemal triinosemdeset zdravih nosečnic. Anketirane so bile nosečnice v ginekoloških ambulantah in šoli za starše Zdravstvenega doma Ljubljana. Rezultate raziskave smo obdelali in prikazali s pomočjo računalniških programov Microsoft Office Word in Microsoft Office Excel.

Rezultati: Iz rezultatov raziskave je razvidno, da nosečnice upoštevajo zdravstveno-vzgojne nasvete medicinskih sester, od katerih dobijo večinoma dovolj informacij, ki jih potrebujejo med nosečnostjo. Na podlagi analize dobljenih rezultatov opozarjamo na področja, kjer bi lahko bile medicinske sestre/babice še uspešnejše. Nosečnice podpirajo večje vključevanje babic v oskrbo zdravih nosečnic. Raziskava je med drugim pokazala, da bi se 8 % nosečnic odločilo za porod v babiški hiši.

Razprava in sklep: Nosečnice so zadovoljne z zdravstveno-vzgojnim delom, vendar sklepamo, da bi morale medicinske sestre/babice nosečnicam na nekaterih področjih posredovati še več natančnih in bolj razumljivih informacij. Samo tako lahko ohranijo zaupanje in obdržijo kakovost zdravstvene nege na visoki ravni. Potrebno bi bilo tudi prisluhniti željam nosečnic po večjem vključevanju babic v oskrbo nosečnic. Iz raziskav je razvidno, da so rezultati babiške oskrbe nosečnic boljši, nosečnice pa bolj zadovoljne.

Ključne besede: nosečnice, medicinska sestra, babica, zdravstvena vzgoja.

ABSTRACT

Introduction: The basic role of a nurse/midwife at monitoring of pregnancy is health education of pregnant women, both individually and in groups. Pregnant women that visit parenting schools come more regularly to preventive examinations and screening tests, visit parenting school along with their partner, consume folic acid supplements, eat healthily and take care of physical activity, are well educated about baby care and easing the troubles during pregnancy, prevent infections, avoid unhealthy habits and environmental factors.

Objective: To present the role of nurse/midwife at monitoring of pregnancy.

Methods: We used a descriptive method of research through the study of domestic and foreign literature. A questionnaire, built mainly of closed-type questions was used. The study sample included 83 healthy pregnant women in their last trimester of pregnancy. They were questioned as gynaecological outpatients or at parenting schools in Health centre of Ljubljana. The results of survey were presented with the use of computer programs Microsoft Office Word and Microsoft Office Excel.

Results: The results of the survey show that pregnant women respect the guidelines of healthcare and they obtain most information they need during pregnancy from nurses. Through their grading of the healthcare education and analysis of the survey results we draw attention to the sections where we could be more successful. The pregnant women support greater contribution of midwives into healthcare of healthy pregnant women. The study showed that up to 8 % of women would prefer to give birth in a birth centre.

Discussion and conclusions: The work of nurses is well evaluated by the pregnant women in our survey. Still they should improve their knowledge and expertise to maintain the high level of trust and quality in healthcare. The wishes of pregnant women to provide a greater role of midwives in healthcare should be respected as soon as possible. Pregnant women were more satisfied with the health care provided by midwives, according to the survey.

Keywords: pregnant women, nurse, midwife, health education.