

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**POMEN PREHRANE PRI OTROKU Z ATOPIJKSIM  
DERMATITISOM**

**THE IMPORTANCE OF NUTRITION IN CHILD WITH ATOPIC  
DERMATITIS**

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## POVZETEK

**Uvod:** Na razvoj atopijskega dermatitisa vplivajo različni dejavniki, kot so dednost, vplivi okolja, ozračja, prehrana, onesnaženje. Značilen je predvsem za majhne otroke. Ključnega pomena je, da se otroku čim prej diagnosticira bolezen ter se prične ustrezno zdravljenje, izvajanje redne dnevne nege kože s primernimi negovalnimi mazili ter izogibanje dejavnikom, ki atopijski dermatitis poslabšajo.

**Metoda:** Uporabili smo kvantitativno metodo raziskovanja, metodo deskripcije. Pridobivanje podatkov je potekalo s tehniko anketiranja. Za izvedbo raziskave smo uporabili strukturiran instrument v obliki anketnega vprašalnika. Anketni vprašalnik smo razvili na podlagi pregleda literature. Vprašalnik vsebuje 18 vprašanj kombiniranega tipa. Anketni vprašalnik so starši otrok izpolnili sami, ob pomoči anketarja. Uporabili smo neslučajni, priložnostni vzorec. V vzorec smo vključili 40 staršev v Šoli atopijskega dermatitisa na Dermatovenerološki kliniki Ljubljana. Vrnjenih je bilo 38 vprašalnikov, realizacija vzorca je 95%. Podatke smo obdelali z računalniškim programom Microsoft Excel.

**Rezultati:** V obdobju dojenčka in obdobju malega otroka je dobilo 32 (84,2 %) otrok atopijski dermatitis. Suha koža in srbenje sta bila prva znaka atopijskega dermatitisa pri večini otrok. Vseh 38 (100 %) anketirancev je prepoznalo vsaj dve živili, ki vsebujeta alergene živalskega izvora. Največkrat je bilo to jajce (92,1 %), sledi sveže mleko (84,2 %), nato (31,6 %) morska hrana, belo meso (7,9 %). Dodatnih metod za obvladovanje bolezni v večini ne uporabljajo (60,5 %). Večina anketirancev se zaveda, da uživanje prehranskih alergenov atopijski dermatitis poslabša (73,3 %). Največ, 36 (94,7 %), anketirancev poišče pomoč pri zdravniku, 27 (71,1 %) anketirancev pri medicinski sestri, nekateri pa poiščejo pomoč v strokovni literaturi, v medijih, pri prijateljih, znancih in v alternativni medicini. Da ima medicinska sestra veliko vlogo pri ozaveščanju staršev, meni 24 (63,2 %) anketirancev. Po mnenju anketirancev medicinska sestra izvaja zdravstveno vzgojno delo, svetuje staršem, predaja informacije o bolezni ter vodi šolo o atopijskem dermatitisu.

**Razprava in sklep:** Kakovost življenja otrok z atopijskim dermatitisom je odvisna od njihove in starševske seznanjenosti z boleznijo ter od spremljanja in svetovanja zdravstvenih delavcev. Zelo pomembna pri zdravljenju je preventiva, predvsem pa izogibanje alergenom.

**Ključne besede:** atopijski dermatitis, prehrabeni alergeni, alergija, otrok, zdravstvena vzgoja.

## SUMMARY

**Introduction:** The development of atopic dermatitis is influenced by various factors such as genetics, environmental influences, climate, diet, air pollution. It is typical for small children. It is essential that a child is diagnosed as soon as possible and that the child starts with an appropriate treatment, the implementation of regular daily skin care with suitable care ointments, and avoiding factors that worsen atopic dermatitis.

**Methods:** We used quantitative research method, the method descriptions. Data acquisition was conducted by interviewing technique. To carry out the research, we have used a structured instrument in the form of a questionnaire. The questionnaire was developed based on a literature review. The questionnaire contains 18 questions of combined type. The questionnaire was fulfilled by the parents of children themselves, with the help of the interviewer. We have used nonrandom, casual pattern. The sample included 40 parents at the School of atopic dermatitis in Dermatology Clinic in Ljubljana. We have got 38 returned questionnaires, the realization of the sample is 95 %. The data were analyzed by a computer program Microsoft Excel.

**Results:** During the period of the infant and a small child 32 (84.2 %) children got atopic dermatitis. Dry skin and pruritus were the first signs of atopic dermatitis with most children. Similar problems as a child, 16 of the respondents also have (42.1 %). Each of 38 (100 %) respondents recognized at least two kinds of food which contain allergens of animal origin. Most answers were eggs, 35 (92.1 %) responses, then fresh milk (84.2%), seafood (31.6 %), white meat 3 (7.9 %). Respondents in the eternal do not make use of additional methods to control the disease, answered 23 (60.5 %) of respondents. Respondents (most of them – 23 or 60.5 %) do not use additional methods of disease control. The majority of respondents 28 (73.3 %) are aware that the consumption of food allergens causes atopic dermatitis deterioration. Most (36 or 94.7 %) of the respondents seek help from their doctor, 27 (71.1 %) of respondents their nurse, but some seek help in the scientific literature, the media, friends, acquaintances, and alternative medicine. Nurses have a major role in raising awareness of parents (24 or 63.2 % of respondents believe). According to the respondents, the nurse carries out health care work, she advises parents to transfer information about the disease and they lead the school of atopic dermatitis.

**Discussion and conclusion:** The quality of children with atopic dermatitis life depends on the parents and their familiarity with the disease and monitoring and advising health care professionals. Treatment and prevention are very important, in particular avoiding the food allergens.

**Keywords:** atopic dermatitis, food allergens, allergy, children, health education.