

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

OBRAVNAVA DEMENTNEGA PACIENTA V BOLNIŠNIČNEM OKOLJU

**TREATMENT OF DEMENTIA PATIENT IN A HOSPITAL
ENVIRONMENT**

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POVZETEK

Uvod: Podaljševanje življenjske dobe je vzrok za čedalje več starejših. Vsak deseti v starosti nad 65 let, vsak peti v starosti nad 80 let in vsak tretji v starosti nad 85 let zbolijo za demenco. Osebe z demenco prihajajo v splošne bolnišnice zaradi istih razlogov kot starejši ljudje na splošno, npr. akutne bolezni, možganske kapi, padca ali zloma kolka. Z raziskavo smo želeli ugotoviti, kakšna je obravnava dementnega pacienta v bolnišničnem okolju.

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 podlagi pregleda literature. Uporabili smo neslučajnostni, priložnostni vzorec, v katerega smo vključili 97 izvajalcev zdravstvene nege s šestih izbranih oddelkov Splošne bolnišnice Celje. Pravilno izpolnjenih je bilo 90 anketnih vprašalnikov, kar predstavlja 93-odstotno realizacijo vzorca. Podatki so bili zbrani in obdelani s programi Microsoft Word, Excel in Statistical Package for Social Sciences (SPSS).

Rezultati: Izvajalci zdravstvene nege v Splošni bolnišnici Celje se pri svojem delu zelo pogosto srečujejo z dementnimi pacienti. Pri obravnavi le-teh načeloma nimajo težav ne s prepoznavanjem simptomov in ne s komuniciranjem. Problem predstavlja pomanjkanje časa, ki bi ga izvajalci zdravstvene nege lahko namenili posameznemu pacientu ter uporabi vedenjskih in psihosocialnih pristopov. Velika večina anketirancev pozna posebna organizacijska navodila Splošne bolnišnice Celje v zvezi z uporabo posebnih varovalnih ukrepov (PVU) in jih v primeru potrebe uporabe PVU tudi upošteva. V primeru uporabe PVU se več kot polovica anketirancev pogosto sooča z etičnimi dilemami, dobri dve tretjini pa uporabo PVU dojemata kot stresno, nehumano, poniževalno in travmatično za pacienta. Anketiranci delo z dementnimi pacienti dojemajo kot zelo strokovno in psihofizično naporno. Izpostavimo lahko vpliv izobrazbe in delovne dobe na pogostost srečevanja z dementnimi pacienti pri svojem delu, pogostost soočanja z etičnimi dilemami glede uporabe PVU pri dementnih pacientih in dojemanju težav pri delu z njimi.

Razprava in sklep: Posledice demografskih sprememb v Sloveniji se kažejo tudi pri delu izvajalcev zdravstvene nege v somatskih bolnišnicah. Med pacienti je vedno več starostnikov z demenco. Delovanje izvajalcev zdravstvene nege pri obravnavi dementnih pacientov je profesionalno tako glede komunikacije kot uporabe PVU. A je tovrstno delo zahtevno in naporno. Tudi zaradi pomanjkanja časa in kadrov ter srečevanja z etičnimi dilemami.

Ključne besede: pacient, demenca, bolnišnična obravnava, etika in etične dileme, posebni varovalni ukrepi

ABSTRACT

Introduction: Extending human life is the cause for a growing number of the elderly population. Every tenth senior citizen over the age of 65, every fifth citizen over the age of 80 and every third citizen over 85 of age is diagnosed with dementia. Dementia patients normally come to general hospitals for the same reasons as senior citizens in general, f.e. due to an acute disease, stroke, fall or hip fracture. The purpose of this research is to identify the treatment of dementia patients in a hospital environment.

Method: The research is based on a quantitative research method, the method of description, with the use of the interviewing technique. A questionnaire is used as an instrument, which was designed on the basis of a literature review. A non-random, occasional sample is used in the paper comprising 97 nurses from 6 selected hospital wards of Celje General Hospital. 90 questionnaires were duly completed, which means 93% realisation of the sample. All the data were collected and processed by using Microsoft Word, Excel and Statistical Package for Social Sciences (SPSS).

Results: 54.4% of the respondent nurses encounter dementia patients during their work every day. They identify dementia patients by their frequent loss of memory, i.e. they keep forgetting things from recent past. 72.2% of the respondent nurses often, very often or always perform promotion of routine tasks when dealing with such patients. 52.2% of them are of the opinion that lack of time and/or the lack of professional staff is the main cause to only using some individual methods and not comprehensive approaches to dealing with such patients in hospital. The most frequently used rule of good communication with dementia patients is 'speaking words clearly while looking them directly in their face'. 77.8% of the nurses are acquainted with this rule as it is laid down in the internal instructions of the Special Precautionary Measure (abbr. SPM), and 72.2% of them normally act in accordance with these instructions when taking the SPM measure. The majority of the nurses (96.7%) often, very often or always perform an increased surveillance of dementia patients before taking the SPM measure. In case of taking the SPM measure, 51.1% of them often, very often or always use physical restraint with belts for hands. The most common reason for using the SPM measure is prevention of imminent risk of physical injury to a dementia patient. 48.9% of the nurses never or very rarely take a decision on using and taking the SPM measure at their own discretion in case the doctor is not present. The most frequent use of the SPM measure is at night. The majority of nurses (34.4%) consider the use of the SPM measure stressful for patients. 53.3% of them are often, very often or always faced with ethical dilemmas upon using the SPM measure. The biggest problem arising from treating dementia patients is a severe shortage of adequate professional knowledge and great psycho-physical effort of such work. We can highlight the effect of the level of education and years of service on the frequency of encountering dementia patients during the professional work, and on the frequency of encountering ethical dilemmas regarding the use of the SPM measure in case of treating dementia patients, and also dealing

with perception of problems directly linked to the professional work done for such patients.

Discussion and conclusion: It has been ascertained that the demographic picture of Slovenia reflects in the work of nurses in hospitals treating somatic diseases.

In recent years, there have been many elderly patients suffering from dementia. Nurses perform their work professionally when treating such patients; in terms of their communication as well as when using the PVU measure. However, such work is demanding and arduous; also due to lack of time and professional staff, and also owing to encountering some ethical dilemmas while performing their regular work.

Key words: patient, dementia, hospital treatment, ethics and ethical dilemmas, special precautionary measures