

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

ZDRAVSTVENA NEGA NOSEČNICE S HIPERTENZIVNO MOTNJO

**THE HEALTH CARE OF A PREGNANT WOMAN WITH
HYPERTENSIVE DISORDER**

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IZVLEČEK

Uvod: Hipertenzivne motnje se lahko pojavijo v nosečnosti in predstavljajo nevarno stanje tako za nosečnico kot za otroka. Nosečnica se med nosečnostjo pogosto počuti dobro in običajno nima večjih težav, zato je zgodnje odkrivanje zelo pomembno. Za svoje stanje pogosto izve na preventivnem zdravniškem pregledu v posvetovalnici za nosečnice, kjer se ugotovi povišan krvni tlak. Hipertenzivne motnje predstavljajo tveganje za mater in otroka, zato je pogosto edini način za preprečitev zapletov dokončanje poroda.

Namen: Namen diplomskega dela je bil predstaviti hipertenzivne motnje v nosečnosti.

Metode dela: Uporabljena je bila deskriptivna metoda dela s pregledom domače in tuje strokovne literature. Predstavili smo študijo primera nosečnice s hipertenzivno motnjo. Nosečnico smo obravnavali po procesni metodi dela in konceptualnem modelu Virginie Henderson. Uporabili smo kvalitativno metodo dela: tehniko intervjuja s pomočjo anketnega vprašalnika.

Rezultati: Pri obravnavi nosečnice s hipertenzivno motnjo smo ugotovili naslednje negovalne probleme: otežkočeno dihanje, zmanjšano funkcijo srca, zadrževanje tekočine v telesu, nekontrolirano izločanje urina, oteženo odvajanje blata, utrujenost, motnje spanja, bolečino (v smislu popadkov) in prisotnost strahu. Na osnovi ugotovljenih negovalnih problemov smo v času obravnave nosečnice s hipertenzivno motnjo izpostavili prioritete naloge medicinske sestre. Ugotovili smo, da obravnava nosečnice po konceptualnem modelu Virginie Henderson zagotavlja kakovostno obravnavo pacientke s hipertenzivno motnjo.

Razprava in sklep: Zdravstvena nega nosečnice s hipertenzivno motnjo je celostna individualna. Medicinska sestra mora biti sposobna odkrivati njene potrebe in jih pomagati zadovoljevati. Pomembno vlogo ima tudi zdravstvena vzgoja pacientke v bolnišnici in ob odpustu.

Ključne besede: nosečnica, hipertenzivne motnje, arterijska hipertenzija, medicinska sestra, zdravstvena nega.

ABSTRACT

Introduction: Hypertensive disorders can occur during pregnancy; they are dangerous for both the expectant mother and the baby. During pregnancy, women often feel well and do not have serious problems. To this end, early detection is extremely important. Pregnant women are often diagnosed with the condition during preventive medical examinations that reveal raised blood pressure. Hypertensive disorders pose a risk for the mother and the child and as a result, birth of the child is the only way to prevent complications.

Purpose: The purpose of the thesis is to present hypertensive disorders during pregnancy.

Methods: We used a descriptive method including a review of both domestic and foreign scholarly literature. We presented a case study of a pregnant woman with a hypertensive disorder. The patient was treated in line with the nursing process method and the conceptual model of Virginia Henderson. We also used a qualitative method – an interview with a survey questionnaire.

Results: The treatment of the pregnant woman suffering from a hypertensive disorder revealed the following nursing issues: breathing difficulties, reduced heart function, fluid accumulation, uncontrolled urination, difficult defecation, fatigue, sleeping disorders, pain (contractions), and fear.

Having identified the nursing issues, we compiled a list of priorities of a nurse taking care of a pregnant woman with a hypertensive disorder. We established that following the conceptual model of Virginia Henderson when nursing a pregnant woman with a hypertensive disorder ensures quality treatment.

Discussion and conclusion: Nursing care of a pregnant woman suffering from a hypertensive disorder is comprehensive and individual. A nurse must be sensitive to the needs of the patient and able to address them. In addition, nursing education of the patient in the hospital and upon leaving the hospital is very important.

Keywords: pregnant woman, hypertensive disorders, arterial hypertension, nurse, nursing care.