

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**POZNAVANJE ELEKTROKARDIOGRAMA MED IZVAJALCI
ZDRAVSTVENE NEGE V NUJNI MEDICINSKI POMOČI**

**KNOWLEDGE OF THE ELECTROCARDIOGRAM AMONG HEALTH
CARE WORKERS IN EMERGENCY MEDICAL SERVICES**

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POVZETEK

Uvod: Uporaba elektrokardiograma (EKG) je vse bolj razširjena tudi v nujni medicinski pomoči (NMP), saj omogoča prepoznavanje nevarnih motenj srčnega ritma in zgodnje zdravljenje. Z raziskavo smo želeli ugotoviti poznavanje tehnik snemanja EKG-zapisa, prepoznavanje življenjsko ogrožajočih motenj srčnega ritma in vpliv strokovnega izpopolnjevanja in delovnih izkušenj na te veščine.

Metoda: Raziskava je temeljila na kvantitativnem raziskovalnem pristopu, z uporabljenimi metodami deskripcije; podatke smo pridobili s tehniko anketiranja. Za merski instrument smo uporabili anketni vprašalnik, oblikovan na osnovi pregleda domače in tuje strokovne in znanstvene literature. Uporabili smo neslučajnostni, namenski vzorec, v katerega je bilo vključenih 50 izvajalcev zdravstvene nege, ki stalno opravljajo delo na reševalni postaji in nujni medicinski pomoči, zaposlenih v osmih zdravstvenih domovih z reševalnimi postajami. Pravilno je bilo izpolnjenih 49 vprašalnikov, kar predstavlja 98-odstotno realizacijo vzorca. Podatki so bili analizirani v statističnem programu MS Excel 2010 in SPSS 22.0.

Rezultati: Anketirani menijo, da v povprečju izvedejo snemanje z EKG popolnoma pravilno ($s = 4,51 \pm 0,50$) in v povprečju vedno hitro prepoznajo življenjsko ogrožajoč srčni ritem, pomemben za varnost pacientov ($s = 4,80 \pm 0,40$). V povprečju se tudi strinjajo, da lahko s pravilnim postopkom snemanja odpravijo motnje pri snemanju EKG ($s = 3,88 \pm 1,26$) in jih na EKG zapisu tudi prepoznajo ($s = 3,86 \pm 0,70$). Tečaj Evropskega sveta za oživljanje (ALS) ima opravljeno 59 % (29) anketirancev. Anketiranci z opravljenim tečajem ALS imajo bistveno več znanja za prepoznavo ogrožajočih motenj srčnega ritma kot tisti brez tečaja. Le ti se tudi strinjajo s trditvijo, da je prepoznavanje življenjsko ogrožajočih srčnih ritmov pomembno za varnost pacientov.

Razprava in sklep: Ugotavljamo, da se izvajalci zdravstvene nege, zaposleni v NMP zavedajo, da je hitro in pravilno prepoznavanje življenjsko ogrožajočih srčnih ritmov pomembno za varnost pacientov. V slovenskem prostoru je izobraževanje, ki se nanaša na prepoznavanje motenj srčnega ritma, premalo. Zaposleni izvajalci zdravstvene nege v urgentni dejavnosti se zavedajo pomena kontinuiranega dodatnega strokovnega izpopolnjevanja v okviru delovne organizacije ali izven. Te dodatne spretnosti in veščine bi jim zagotavljale večjo kakovost pri njihovem delu, saj smo z raziskavo dokazali, da tisti ki imajo več izobraževanj bolje obvladajo vse aktivnosti v zvezi z EKG.

Ključne besede: elektrokardiogram, izvajalec zdravstvene nege, reševalec, medicinska sestra, izobraževanje.

SUMMARY

Introduction: The use of electrocardiography is getting increasingly common in emergency medical services, because it enables the recognition of dangerous heartbeat irregularities and early treatment. The following research tries to evaluate the knowledge of ECG recording methods, the recognition of life-threatening heartbeat irregularities and the influence of professional training and work experience on this knowledge.

Method: The research is based on a quantitative approach with the method of description; the data was acquired through a survey. The used measuring instrument was a questionnaire, created on the basis of an overview of Slovenian and foreign technical and scientific literature. A non-probability, purposive sample was used, which included 50 health care workers, who permanently work at ambulance stations and in emergency medical services at eight health centres, which also feature ambulance stations. 49 questionnaires were correctly filled out, which presents a 98% sample realization. The data was analysed in the MS Excel 2010 and SPSS 22.0 statistics programmes.

Results: The survey participants mostly think that their ECG recordings are completely correct ($s = 4.51 \pm 0,50$) and they also mostly think that they always quickly recognize a life-threatening heart rhythm, which is important for the safety of the patients ($s = 4.80 \pm 0,40$). They mostly agree that they are able to eliminate ECG recording disturbances with the correct recording procedure ($s = 3.88 \pm 1.26$) and that they are also able to recognize such disturbances in the recording ($s = 3.86 \pm 0.70$). 59% (29) of the survey participants have completed the course by the European Resuscitation Council (ALS). Survey participants, who have completed the ALS course believe that they have sufficient knowledge to recognize dangerous heart rhythm irregularities. They also agree with the statement that recognition of life-threatening heart rhythms is important for the patients' safety.

Discussion and conclusion: The research has determined that health care workers, employed in the emergency medical service, are aware that quick and correct recognition of life-threatening heart rhythms contributes to the safety of the patients. In Slovenia, there are not enough trainings, which deal with the recognition of heart rhythm irregularities. The health care workers, employed in emergency medical services, are also aware of the importance of continuous additional professional training within or outside of their work organisation. Such additional skills and knowledge enable higher quality of work, since this research has proven that professionals, who have participated in more trainings, are better at mastering all activities in connection with ECG.

Keywords: electrocardiography, health care worker, ambulance worker, nurse, education