

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**OSVEŠČENOST MEDICINSKIH SESTER O DEJAVNIKIH TVEGANJA  
ZA NASTANEK RAKA DOJKE**

**AWARENESS OF NURSES ABOUT RISK FACTORS FOR BREAST  
CANCER**

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## IZVLEČEK

**Uvod:** Rak dojke je pomemben javnozdravstveni problem in je najpogostejše maligno obolenje žensk v razvitem svetu in v Sloveniji. Medicinske sestre, ki dobro poznajo dejavnike tveganja, sumljiva znamenja in ukrepe preprečevanja ter zgodnjega odkrivanja raka dojk, lahko s svojim znanjem in zgledom pravilno svetujejo in poučujejo druge.

**Namen:** Predstaviti seznanjenost medicinskih sester v Splošni bolnišnici Celje o dejavniki tveganja za nastanek raka dojk.

**Metode dela:** Raziskava temelji na deskriptivni metodi dela s študijem domače in tuje literature. Podatke smo pridobili s pomočjo vprašalnika odprtega in zaprtega tipa. Raziskovalni vzorec je zajemal 60 anketiranih medicinskih sester, zaposlenih na kirurških in internističnih oddelkih Splošne bolnišnice Celje. Dobljene podatke smo obdelali in prikazali s pomočjo računalniških programov Microsoft Office Word in Microsoft Office Excel.

**Rezultati:** Raziskava je pokazala, da si medicinske sestre, zaposlene na kirurških oddelkih, kjer se dnevno srečujejo s posledicami napredovanja raka dojk, bolj redno in pravilno samo pregledujejo dojke kot medicinske sestre na internističnih oddelkih, prav tako imajo medicinske sestre, zaposlene na kirurških oddelkih, nekaj več znanj za izvajanje zdravstveno vzgojnega dela o preprečevanju in zgodnjem odkrivanju raka dojk in ostalih preventivnih ukrepov kot zaposlene na internističnih oddelkih. Vse medicinske sestre si želijo več internih strokovnih izobraževanj z organizacijo učnih delavnic z demonstracijo samo pregledovanja dojk.

**Razprava in sklep:** Analiza podatkov je pokazala, da je večina medicinskih sester dobro seznanjenih o ukrepih preprečevanja in zgodnjega odkrivanja raka dojk, dejavniki tveganja in sumljivih znamenjih, a kljub temu si 45 % vseh anketirank dojk ne samo pregleduje redno. Medicinske sestre s svojim znanjem o preprečevanju in zgodnjem odkrivanju raka dojk ter poznavanjem dejavnikov tveganja in sumljivih znamenj pripomorejo k večjemu osveščanju žensk o preprečevanju raka dojk.

**Ključne besede:** rak dojke, medicinska sestra, samo pregledovanje, zdravstvena vzgoja, preventiva.

## **ABSTRACT**

**Introduction:** Breast cancer is an important public health problem and the most common malignant disease of women in both the developed world and Slovenia. Nurses, who are knowledgeable about risk factors, suspicious moles, preventive measures and early discovery of breast cancer, can properly advise and teach others with the knowledge they possess.

**Aim:** To present the knowledge of nurses working in the General Hospital Celje about risk factors for breast cancer.

**Methodology:** The research is based on the descriptive method of studying domestic and foreign literature. The data were collected through a closed and open-ended questionnaire. The research sample involved 60 surveyed nurses working in surgical and internal medicine divisions of the in General Hospital Celje. The obtained data were processed and displayed using Microsoft Office Word and Microsoft Office Excel.

**Results:** The study found that nurses working in surgical wards, where they encounter the consequences of the progression of breast cancer on a daily basis, perform more regularly and properly the self-examination of their breasts than the nurses in internal medicine divisions. In addition, nurses working in surgical wards have slightly more knowledge for delivering health education on the prevention and early detection of breast cancer and presenting other preventive measures than the nurses in internal medicine divisions. However, all nurses would like to attend more internal professional workshops including demonstrations of breast self-examination.

**Discussion and conclusion:** The data analysis showed that the majority of nurses are well informed about preventive measures and early detection of breast cancer, risk factors and suspicious moles. Nevertheless, 45% of all respondents still fail to perform regular self-examination of breasts. Nurses help increase the awareness of women about breast cancer prevention with their knowledge about on the prevention and early detection of the disease.

**Keywords:** breast cancer, a nurse, self-examination, health education, prevention.