

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**PREPREČEVANJE OKUŽB, POVEZANIH Z URINSKIMI KATETRI V
BOLNIŠNICI**

**THE PREVENTION OF URINARY CATHETER - RELATED
INFECTIONS IN HOSPITALS**

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POVZETEK

Uvod: Okužbe sečil sodijo med najpogostejše bolnišnične okužbe, še zlasti pri pacientih, ki imajo vstavljen urinski kateter, saj predstavlja tujek za človekovo telo in omogoča ugodno rast in razmnoževanje bakterij ter povzroča vnetja. Z raziskavo smo želeli predstaviti smernice za preventivo nastanka okužb, povezanih z urinskim katetrom in vlogo medicinske sestre za preprečevanje okužb ter načrtovanje in izvajanje aktivnosti zdravstvene nege.

Metode dela: Uporabili smo kvantitativno metodo raziskovanja. Podatke o zdravstveni obravnavi in izvedenih aktivnostih medicinske sestre pri pacientih z vstavljenim urinskim katetrom smo zbrali s pomočjo analize podatkov iz pacientovih dokumentacij na bolnišničnih oddelkih in o usposabljanju medicinskih sester iz Kadrovske informacijskega sistema Splošne bolnišnice Celje. Kot instrument smo uporabili strukturiran obrazec, ki smo ga oblikovali na podlagi pregledane literature in ga razdelili na tri sklope. Prvi sklop zajema podatke o oddelku, spolu in starosti pacienta ter podatke iz terapevtske liste. Drugi sklop zajema podatke iz negovalnega načrta, tretji sklop pa je namenjen podatkom iz odpustne dokumentacije pacientov. Pregledali smo 50 pacientovih dokumentacij, in sicer 25 na kirurškem oddelku in 25 na internističnem oddelku.

Rezultati: V naši raziskavi se je pokazalo, da je bilo 41 (82 %) pacientov, ki so imeli vstavljen urinski kateter, starih več kot 71 let. V vzorec je bilo zajetih 30 (60 %) žensk in 20 (40 %) moških. Povprečno trajanje kateterizacije na kirurškem oddelku je bilo 11,36 dni in na internističnem oddelku 12,16 dni. Ugotovili smo, da je bila na kirurškem oddelku anogenitalna nega izvedena v 91,3 %, na internističnem oddelku pa v 60 %. Praznjenje urinske vrečke je bilo načrtovano in izvedeno le 2 krat dnevno. Na nobenem oddelku ni bila zabeležena vrsta katetra, velikost pa le na internističnem oddelku. Podatki kažejo, da je imelo 20 (46 %) pacientov zabeleženo okužbo sečil, od tega 9 (18 %) pacientov na kirurškem in 11 (22 %) pacientov na internističnem oddelku. Urinski kateter je bil pri 60 % pacientov odstranjen predzadnji dan hospitalizacije ali ob odpustu. Delavnice »Zdravstvena nega pacienta z urinskim katetrom« se je iz kirurškega oddelka od 42 zaposlenih medicinskih sester, v obdobju od 2010 do 2015, udeležilo 36 % medicinskih sester in iz internističnega oddelka nobena.

Razprava in sklep: Raziskava je pokazala, da se aktivnosti zdravstvene nege pri pacientih z vstavljenim urinskim katetrom ne izvajajo vedno v skladu s smernicami za preprečevanje okužb z urinskimi katetri in negovalnim standardom. Na oddelkih bodo morali opredeliti indikacije za vstavitve urinskega katetra ter omejiti trajanje. Če povežemo udeležbo medicinskih sester na delavnici in naše rezultate, bi bilo nujno potrebno zagotoviti strokovno izpopolnjevanje vsem medicinskim sestram, ki se ga doslej še niso udeležile.

Ključne besede: urinski kateter, kateterizacija, okužba sečil, zdravstvena nega.

SUMMARY

Introduction: Urinary infections are among the most frequent hospital infections, especially affecting patients with a urinary catheter as it is a foreign object to the human body and allows favourable growth and reproduction of bacteria as well as causes inflammations. The aim of the research was to present the directions for the prevention of the development of urinary catheter - related infections, the activities of a nurse in order to prevent them, and the scheduling and performance of nursing care activities.

Work methods: The quantitative method of research was used. Information on the treatment and the performed health - care activities with patients with a urinary catheter was gathered by means of analysis of the patient documentation at the hospital wards and the vocational nurse training from the Staff management system of the hospital Splošna bolnišnica Celje. Our research instrument was a questionnaire made on the basis of reviewed literature, which we divided into three sets. The first set includes data on the ward, the patients' gender and age and the data from the therapeutic list. The second set includes data from the patient - care plan and the third includes data from the patients' discharge documentation. We looked into 50 cases of patient documentation, 25 on the surgical and 25 on the internal medicine ward.

Results: Our research shows that 41 patients (82%) with a urinary catheter were older than 71 years. The sample included 30 women (60%) and 20 men (40%). The average duration of catheterization on the surgical ward was 11,36 days and 12,16 days on the internal medicine ward. We found out that ano - genital care was carried out in 91,3% on the surgical ward and in 60% on the internal medicine ward. The emptying of urinary drainage bags was scheduled and carried out only two times per day. None of the wards had records of the sort of catheter and only the internal medicine ward had records of the catheter size. Data shows that 20 patients (46%) had a recorded urinary infection, 9 patients (18%) on the surgical ward and 11 patients (22%) on the internal medicine ward. The urinary catheter was removed on the penultimate day of hospitalization or at the hospital discharge in 60% of the patients. Of all 42 employed nurses on both wards, 36% of the nurses from the surgical ward attended the workshop »Healthcare of urinary-catheter patients« from 2010 to 2015 but none from the internal medicine ward.

Discussion and conclusion: The research shows that the nursing care activities with urinary -catheter patients are not always performed according to the directives for the prevention of the development of urinary catheter - related infections and the nursing care standards. The wards will have to define indications for the insertion of urinary catheters and limit the duration. If we link the nurses' attendance of the workshop to our results it is of utmost necessity to provide such training for all nurses who have not attended it yet.

Keywords: urinary catheter, catheterization, urinary infection, nursing care.