

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**ZADOVOLJSTVO MATER S SPODBUJANJEM DOJENJA S STRANI
PATRONAŽNE MEDICINSKE SESTRE**

**MATERNAL SATISFACTION WITH THE PROMOTION OF
BREASTFEEDING BY COMMUNITY NURSES**

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POVZETEK

Uvod: Dojenje je najbolj naraven in najboljši način hranjenja dojenčkov. Izključno dojenje na začetku življenja zagotavlja optimalno rast, razvoj in zdravje. Majhna pogostnost in zgodnje prenehanje dojenja imata pomembne zdravstvene, socialne in ekonomske učinke na ženske, otroke, družbo in okolje. Pri spodbujanju dojenja imajo pomembno vlogo tudi patronažne medicinske sestre, ki pomagajo materam z nasveti, ki bodo pripomogli k vzdrževanju izključnega dojenja vsaj šest mesecev ali do dveh let.

Metoda: Raziskava je temeljila na deskriptivni metodi dela s kvantitativno raziskavo. Uporabili smo tehniko anketiranja. Za instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda domače in tuje strokovne in znanstvene literature. Uporabili smo neslučajnostni, namenski vzorec, v katerega smo vključili 65 anketirank, ki imajo dojenčka, starejšega od šest mesecev, in ga dojijo ali pa so ga že prenehale dojit ter jih obiskuje patronažna medicinska sestra. Pravilno je bilo izpolnjenih 60 anketnih vprašalnikov, kar predstavlja 92 % realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2016.

Rezultati: Raziskava je pokazala, da je dojenje najboljši način prehrane za otroke, vendar pa je to občutljiv postopek, ki ga lahko zmotijo tudi malenkosti. 30 (50 %) mater je imelo pri dojenju težave. Zato je pomembna naloga patronažnih medicinskih sester, da matere informirajo o dojenju in jih pri dojenju spodbujajo. Ugotovili smo, da patronažne medicinske sestre dobro opravljajo svojo nalogo, saj je velika večina mater 57 (95 %) zadovoljnih z informacijami in spodbudo, ki jim jih nudijo. Večina mater se tudi zaveda pomembnosti dojenja, saj jih je 58 (96 %) odgovorilo, da je materino mleko primernejše za otroka kot mlečne formule.

Razprava in sklep: Ugotavljamo, da patronažne medicinske sestre dobro opravljajo svojo nalogo s spodbujanjem dojenja in informiranjem mater o dojenju, saj so matere v veliki večini primerov zadovoljne z nasveti, ki jim jih nudijo.

Ključne besede: dojenje, spodbujanje dojenja, patronažna medicinska sestra, mati, otrok.

SUMMARY

Introduction: Breastfeeding is the most natural and the best way of feeding infants. Exclusive breastfeeding at the beginning of life provides optimal growth, development and health. Low frequency in early termination of breastfeeding has important health, social and economic effects on women, children, society and environment. In promotion of breastfeeding community nurses also have an important role, they help mothers with advices, which contributes to maintaining exclusive breastfeeding for at least six months or up to two years.

Methodology: Research was based on descriptive method with quantitative research. We used the survey technique. The instrument for gathering data was a questionnaire, which we create on the basis of domestic and foreign literature. We used purposive sampling in which we included 65 female interviewees that have an infant older than six months and that are breastfeeding or have already stopped breastfeeding and are visited by a community nurse. 60 questionnaires were completed correctly, which represents 92 % realization of the sample. The gathered information was processed with program Microsoft Excel 2016.

Results: Research has shown that breastfeeding is the best nutrition for infants, but it is also a delicate procedure, that can be disrupted by little things. 30 (50 %) mothers had problems with breastfeeding. Therefore, the role of community nurses is important, because they inform mothers about breastfeeding and encourage them to breastfeed. We found that community nurses perform their task well, because the vast majority of mothers 57 (95 %) are satisfied with the information and encouragement they get. Most mothers are also aware of the importance of breastfeeding, because 58 (96 %) answered, that mother's milk is better for the infant than milk formula.

Discussion and conclusion: We conclude, that community nurses perform their task of encouraging breastfeeding and informing mothers about breastfeeding well, because in most cases mothers are satisfied with given advices.

Key words: breastfeeding, promotion of breastfeeding, community nurse, mother, infant.