

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**VLOGA MEDICINSKE SESTRE PRI OBRAVNAVI OTROKA Z
EPILEPSIJO**

**HEALTH EDUCATION OF A NURSE WHEN TREATING A CHILD
WITH EPILEPSY**

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POVZETEK

Uvod: Medicinska sestra ima pri obravnavi otroka z epilepsijo pomembno vlogo. Poleg strokovnosti in profesionalnosti nudi tudi praktično in čustveno podporo otroku in njegovim staršem. Med pomembnejšimi vlogami medicinske sestre pri obravnavi otroka z epilepsijo je zdravstvena vzgoja s svojimi metodami dela.

Namen: Namen diplomskega dela je predstavitev vloge medicinske sestre pri obravnavi otroka z epilepsijo. Z raziskavo smo želeli ugotoviti, koliko je pomembna vloga medicinske sestre pri obravnavi otroka z epilepsijo, kakšen pomen medicinske sestre pripisujejo zdravstveni vzgoji pri obravnavi otroka z epilepsijo in katerih metod dela se v omenjeni zdravstveni vzgoji poslužujejo.

Metoda: Raziskava je temeljila na kvantitativni metodi raziskovanja, metodi deskripcije. Uporabljena je bila tehnika anketiranja. Za instrument je bil uporabljen anketni vprašalnik, oblikovan na osnovi pregleda domače in tuje literature. Uporabljen je bil neslučajni, priložnostni vzorec, v katerega je bilo vključenih 20 medicinskih sester predšolskega in šolskega dispanzerja ter nevrološke ambulante za otroke. Pravilno izpolnjenih je bilo 20 anketnih vprašalnikov, kar predstavlja 100 % realizacijo. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2010.

Rezultati: 55 % (11) zdravstvenih tehnikov in medicinskih sester je že imelo izkušnjo z obravnavo otroka z epilepsijo. 85 % (17) anketiranih umešča začetek epilepsije pri otroku v dobo otroštva. Podatki kažejo, da anketirani kot kazanje simptomov oz. znakov epilepsije pri otroku najpogosteje omenjajo nekontrolirano mokrenje in peno na ustih – 70 % (14). Med največkrat izbranimi možnimi vzroki epilepsije pri otrocih se med odgovori anketirancev pojavlja poškodba glave s 95 % (19). Anketirani so kot najbolj pomembne vloge medicinske sestre pri obravnavi otroka z epilepsijo opredelili sodelovanje s starši – 95 % (19) in sodelovanje z zdravstvenimi strokovnjaki (pediater, nevrolog, nefrofizioterapevt, psiholog, psihiater, socialni delavec) – koordinacijska vloga – 95 % (19) ter zdravstvena vzgoja otroka z epilepsijo in njegovih svojcev – 90 % (18). Metodi dela v zdravstveni vzgoji pri obravnavi otroka z epilepsijo, ki se ju anketirani najpogosteje poslužujejo, sta ustno razlaganje – 95 % (19) in pogovor - 95 % (19).

Razprava in sklep: Vloga medicinske sestre pri obravnavi otroka z epilepsijo je kompleksna, raznolika, večplastna. Ugotovljeno je bilo, da se anketirani zavedajo pomembnosti svoje vloge, predvsem sodelovanja s starši epileptičnega otroka ter s strokovnjaki s področja zdravstva. Velik pomen pripisujejo tudi zdravstveni vzgoji, ki je del zdravstvene nege in splošne vzgoje posameznika, je oblika pomoči in sodi med najpomembnejše vloge medicinske sestre. Anketirani se pri obravnavi otroka z epilepsijo enakovredno poslužujejo učnih in vzgojnih metod dela v zdravstveni vzgoji. Od učnih metod najpogosteje uporabljajo verbalne metode (ustna razlaga in pogovor) in izkustveno učenje s konkretno izkušnjo, od vzgojnih metod pa metodi spodbujanja in prepričevanja. Te metode dela omogočajo, da znajo bolnik in njegovi svojci znanje sprejeti in ga uporabiti v vsakdanjem življenju. Tako je na eni strani

pomembna edukacija bolnikov in njegovih staršev in ustrezna usposobljenost medicinske sestre, da opravlja mnogotere vloge, ki ji jih nalaga njeno delo.

Ključne besede: epileptični napad, otroci, zdravstvena vzgoja, pomen medicinske sestre

ABSTRACT

Introduction: A nurse has got an important role in treatment of a child with epilepsy. In addition to being expert and professional she offers practical and emotional support to the child and the parents. Health education with its working methods is among the more important roles of a nurse when treating a child with epilepsy.

Purpose: The purpose of this diploma is introduction of the nurse's role in treating a child with epilepsy. With this research we wanted to establish just how important a role of a nurse when treating a child with epilepsy is, what importance nurses give to health education when treating such a child and what working methods they use in the mentioned health education.

Method: The research was based on quantitative research method, the method of description. The poll method was used. As an instrument we used a poll questionnaire, formed on the basis of reviewing Slovenian and foreign literature. We used a non-probability sample, in which 20 nurses of the department of preschool and school medicine and neurological clinic for children were included. Twenty poll questionnaires were filled properly, which represents 100 % realization. Data was chosen and analyzed with computer programme Microsoft Office Excel 2010.

Results: 55 % (11) of healthcare technicians and nurses have already treated a child with epilepsy. 85 % (17) of the respondents place the beginning of epilepsy in the period of childhood. Data shows that the respondents most frequently mention uncontrolled salivation and foaming at the mouth as symptoms or signs of childhood epilepsy – 70 % (14). Among the most frequently chosen causes for epilepsy in children injury of the head appears in 95 % (19). The respondents state that most important roles of a nurse when treating children with epilepsy are cooperation with the parents – 95 % (19) and cooperation with medical experts (paediatrician, neurologist, neurological physiotherapist, psychologist, psychiatrist, social worker) – coordination role – 95 % (19) and health education of the child with epilepsy and the relatives – 90 % (18). The working methods in health education when treating a child with epilepsy that the respondents use most frequently are oral explanation – 95 % (19) and conversation - 95 % (19).

Discussion and conclusion: The role of a nurse when treating a child with epilepsy is complex, varied, multi-layered. It was determined that the respondents realize how important their roles are, especially cooperation with the parents of the child with epilepsy and with experts in the field of health. Great importance is attributed to health education, which is part of the health care and general education of the individual; it is a form of assistance and is one of the most important roles of a nurse. The respondents use learning and educational working methods in health education when treating children with epilepsy. Verbal communication methods (oral explanation and conversation) and experiential learning with concrete experience are most frequently used learning methods; the method of encouragement and persuasion are most frequently used educational methods. These working methods enable the patients and their relatives to accept knowledge and use it in everyday life. Therefore it is important to educate patients and their parents on one side and

also to properly qualify nurses to perform many roles that their work imposes on them on the other side.

Key words: epileptic seizure, children, health education, the role of a nurse