

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**IZKUŠNJE MEDICINSKIH SESTER Z ZDRAVSTVENO OBRAVNAVO
PACIENTOV Z DEPRESIJO**

**EXPERIENCE OF NURSES WITH THE MEDICAL TREATMENT OF
PATIENTS WITH DEPRESSION**

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**Študijski program: VISOKOŠOLSKI STROKOVNI ŠTUDIJSKI
PROGRAM ZDRAVSTVENA NEGA**

CELJE, 2019

POVZETEK

Uvod: Depresija je najpogostejša duševna motnja in hkrati velik javno–zdravstveni problem. Število obolelih se viša, zato je zdravstvena obravnava pacienta z depresijo v primarnem zdravstvenem varstvu še kako pomembna. Ključno vlogo pri tem imajo prav medicinske sestre, saj so ene izmed prvih oseb, s katerimi pridejo v stik pacienti z depresijo. Z raziskavo smo želeli ugotoviti, kakšne so izkušnje medicinskih sester z zdravstveno obravnavo pacientov z depresijo.

Metoda: Za izdelavo diplomskega dela smo uporabili kvalitativno metodo raziskovanja–metodo utemeljene teorije. Instrument raziskave je bil polstrukturirani intervju z 11 vprašanji, ki smo jih oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, namenski vzorec. V raziskavo smo vključili pet medicinskih sester, ki so zaposlene na primarni ravni zdravstvene obravnave.

Rezultati: Naloge, ki jih izvajajo medicinske sestre pri obravnavi pacienta z depresijo na različnih področjih svojega dela se razlikujejo, vendar sta najpomembnejša komunikacija in poslušanje pacienta. Sodelujoče v raziskavi opažajo, da je pojavnost depresije velika, da število pacientov narašča. Medicinske sestre se strinjajo, da imajo premalo znanja s področja celostne obravnave pacienta z depresijo. Vse medicinske sestre se udeležujejo strokovnih izpopolnjevanj na temo depresije in se pri svojem delu trudijo biti čim uspešnejše. Medicinski sestri v referenčni in psihiatrični ambulanti ter patronažna medicinska sestra dobijo povratne informacije o nadaljnji obravnavi pacienta z depresijo.

Razprava in sklep: Zgodnja zdravstvena obravnava pacienta z depresijo je zelo pomembna, zato da pacient sprejme bolezen, poišče ustrezno pomoč in s tem prepreči poslabšanje bolezni. Pri prepoznavanju depresije je zelo pomembna tudi vloga medicinskih sester. Da bi depresijo bolje prepoznale, bi potrebovale poglobljeno znanje o celostni obravnavi pacienta z depresijo in o zgodnjem odkrivanju depresije. Pri svojem delu se medicinske sestre srečujejo tudi z vedno več pacienti z depresijo. Potreben bi bil še večji poudarek na promociji zdravja in zdravstveni vzgoji. Pomembno je še naprej razvijati programe, ki izboljšujejo zdravstveno stanje prebivalstva.

Ključne besede: depresija, pacient, medicinska sestra, zdravstvena obravnava, znanje.

SUMMARY

Introduction: Depression is the single most common mental disorder, and one of the major public health problems. The number of patients is on the increase, and therefore the medical treatment of a patient with depression in primary healthcare is of major importance. An important role in this play the nurses in general medical clinics, who are one of the first persons encountered by the patients suffering from depression. With our research we wanted to establish what the experiences of nurses with the medical treatment of patients with depression are.

Method: In our research for this diploma work we used a qualitative research method - the method of grounded theory. The instrument of our research was a semi-structured interview with 11 questions, which we formulated on the basis of a literature review. We used a non-random, purposive sample. Our research included five nurses, who are employed at the primary level of healthcare.

Results: The tasks, performed by nurses when treating a patient with depression in different areas of their work vary greatly; however, the most important are communication and listening to the patient. The nurses, who participated in our research, note that the incidence of depression is high, that the number of patients with depression is growing. They agree that they possess too little knowledge in the field of the holistic treatment of a patient with depression. All of the nurses attend professional development programmes on the topic of depression and try to be as successful at their work as possible. The two nurses, employed in the medical reference clinic and psychiatric clinic respectively, as well as the visiting nurse get feedback information about further medical treatment of patients with depression.

Discussion and conclusion: An early medical treatment of a patient with depression is very important and helps the patient to come to terms with their disease, to seek appropriate help, and helps prevent patient deterioration. In identifying depression, the role of the nurse is of vital importance. In order to be able to identify this disease better, the nurses would need more in-depth knowledge about the holistic treatment of a patient with depression and additional knowledge on early identification of depression. In their work, nurses encounter increasing numbers of patients with depression. What would be needed in this case is to place an even greater emphasis on health promotion and health education. It would be important to further develop the programmes, which help improve population health status.

Key words: depression, patient, nurse, medical treatment, knowledge.