



# Sestrinstvo savremenog doba

## Nursing of the Modern Age

Dragana Stojanović, Aleksandra Stoilković, Jelena Jovanović, Jelena Đurić Gvozdrenović

Univerzitetski klinički centar Niš,  
Klinika za kardiovaskularne bolesti

University Clinical Center Niš,  
Clinic for Cardiovascular Diseases

### Apstrakt

Medicinske sestre/tehničari brinu o osobama kojima je potrebna medicinska nega zbog povreda, bolesti ili drugih fizičkih i mentalnih nedostataka ili usled potencijalnih rizika po zdravlje. Medicinski radnici nose i odgovornost za planiranje rukovođenja brige o pacijentima, radeći individualno ili u timovima sa doktorima na praktičnoj primeni preventivnih mera i mera izlečenja.

Delokrug rada medicinske sestre je veoma širok, od učenja dece kako da operu ruke i zube, ili savetovanja odraslih o očuvanju zdravlja i menjanju štetnih navika, do rukovođenja visokosofisticiranom medicinskom tehnologijom, kojom se unapređuje i čuva zdravlje. Medicinska sestra NE TREBA, VEĆ MORA biti stabilna i izgrađena ličnost, emocionalno zrela, sa izgrađenim stavovima, da bi mogla da razume ljudsku patnju, etičke nedoumice i da na pravi način reaguje kako bi sačuvala ljudski život, a samim tim i svoj i svojih kolega. Ona treba da radi samostalno, ali i timski, u saradnji sa drugim profesijama u zdravstvu.

Svakim danom (na globalnom nivou) medicinske sestre imaju sve više odgovornosti, javlja se potreba za njihovim bržim reagovanjem u određenoj situaciji, svakodnevnim suočavanjem sa ljudskim patnjama, smrću. Broj sestara u smenama je manji od potrebnog, što podrazumeva nedostatak vremena za planirano zbrinjavanje pacijenata, razgovor sa njima (nekada i sa porodicom), precizno vođenje sestričke dokumentacije. Sve to dovodi do negativnih posledica po zdravlje, kao što su otuđenje, stres, bolest. Starosne granice za mnoge bolesti, nažalost, su pomerene. Sve više mladih ljudi oboleva od teških, neizlečivih bolesti. Treba sve to prihvatiti, procesuirati i nastaviti dalje, jer postoji život i van zdravstvenih ustanova. Poslovi medicinskih sestara prilagođavaju se posebnim potrebama pacijenata na različitim odeljenjima, i zbog toga postoje velike razlike u poslovima na hiruriji, pedijatriji, endokrinologiji, ginekologiji, neurohirurgiji. Bez obzira na razlike u radu, svim medicinskim sestrama zajednička je posvećenost poslu i humanost.

Na sam kvalitet rada često utiču mesto zaposlenja, stanje u zdravstvenim ustanovama, uslovi rada, radno okruženje, smenski rad, rad vikendima, praznicima i mnogi drugi faktori na koje nekada možemo da utičemo, a nekada ne.

Kroz vekove nauka i tehnologija napreduju, a napredak se u medicini koristio na različite načine i to sve u cilju poboljšanja i unapređenja zdravlja. Nove tehnologije koje se danas brzo razvijaju, medicinskoj sestri omogućavaju lakši rad u očuvanju i unapređenju zdravlja. Međutim, određeni aparati koji se koriste u zdravstvu zahtevaju i posebno mesto i uslove za čuvanje, potrebno je naučiti kako se rukuje njima, a poseban je izazov i kako biti motivisan za sve to. Zato su potrebne i posebne edukacije koje treba da budu konstantne.

### Abstract

Nurses look after people who need medical care because of injuries, illnesses, or other physical and mental disabilities or because of potential health risks. Medical professionals are also responsible for planning the management of patient care, working individually or in teams with doctors on the practical application of preventive and curative measures.

The scope of a nurse's work is wide, from teaching children to wash their hands and brush their teeth, and adults to preserve their health and change harmful habits, to handling highly sophisticated medical technology, which improves and preserves health. A nurse MUST have a stable and developed personality, be emotionally mature, with developed attitudes, in order to be able to understand human suffering, and ethical doubts and to react in the right way in order to preserve not only the patient's life but also their colleagues' life and their own. They should work independently but also as a team in cooperation with other professions in healthcare.

Every day (on a global level), nurses have more and more responsibilities, the need to react faster in certain situations, and daily dealing with human suffering and death. The number of nurses in shifts is less than necessary, which implies a lack of time for planned care of the patient, conversation with them (sometimes also with the family), and accurate management of nursing documentation. All this leads to negative consequences such as detachment, stress, and illness. Unfortunately, the age limits for many diseases have been moved. More and more young people are suffering from serious, incurable diseases. You have to accept all that, process it, and move on because there is life outside of healthcare institutions. Nurses' jobs are adapted to the special needs of patients in different departments, and because of this, there are big differences in jobs in surgery, pediatrics, endocrinology, gynecology, and neurosurgery. Regardless of the differences in the work, what all nurses have in common is dedication to work and humanity.

The quality of work itself is often influenced by the place of employment, conditions in health care facilities, working conditions, environment, shift work, work on weekends, holidays, and many other factors that sometimes we can impact and sometimes we can't.

Throughout the centuries, science and technology have progressed. Advances in medicine have been used in various ways to improve health. New technologies that are rapidly developing today enable nurses to work more easily in preserving and improving health. Certain devices that are used require a special place and conditions for storage. You need to master all that technology and learn how it works, and you need to be motivated for all that. Special education is needed, which should be constant.



Profesija sestrištva uvek ima više ciljeve koje teži da ostvari. Moto kojim se sestre rukovode je *misli globalno, deluj lokalno*. Medicinske sestre nisu samo usredsređene na bolest, već i na unapređenje i promociju zdravog načina života.

The nursing profession always has higher goals that it strives to achieve. The motto that nurses are guided by is “think globally, act locally”. Nurses are not only focused on illness but on the improvement and promotion of a healthy lifestyle.