



Zdravstvena nega dece i adolescenata

Healthcare of Children and Adolescents

Aleksandra Stoilković, Mira Avramović, Lidija Marković, Slađana Avramović Lavro

Dom zdravlja Aleksinac

Healthcare Center Aleksinac

Apstrakt

Nega bolesnika se prožima kroz istoriju i datira još od postanka čovečanstva, pa do danas. Spominje se u crkvenim knjigama i drugim spisima, ali ne kao veština ili nauka, već kao delatnost koja je bila rezervisana za monaštvo, kao i za žene, tj. majke i časne sestre. Nega je prvo bila delatnost, pa veština, da bi krajem dvadesetog veka postala naučna disciplina. Florens Najtingejl zasigurno je jedna od najznačajnijih žena u istoriji sestринства, medicine, pa i društva uopšte, jer sa njom počinje razvoj sestriinske profesije koja ima kontinuitet do današnjih dana. Pedijatrijska sestra je ona u čijim rukama počinje život, briga i nega novog života.

Pedijatrijska nega i terapija je multidisciplinarna jedinica koja zbrinjava novorođenčad, odojčad, decu i adolescente na svim nivoima zdravstvene zaštite. Pedijatrijska sestra gradi efektivno partnerstvo sa porodicom, odnos u kome se učesnici udružuju da pruže zdravstvenu negu tako što prepoznaju ključnu ulogu svakog partnera i doprinose promovisanju zdravlja i sprečavaju bolesti. Partneri u nezi deteta su: dete, porodica, zdravstveni radnici i društvo. Pedijatrijska sestra podstiče komunikaciju usmerenu ka porodici, pokazujući zainteresovanost za dete i porodicu, efektivno izražavajući informacije i razumevanje.

Pedijatrijska sestra se usredsređuje na teme zdravstvene promocije i održavanja zdravlja tokom poseta, prepoznajući situaciju gde porodica neće započeti razgovor na te teme, te ih ona mora inicirati. Pedijatrijska sestra dobro upravlja vremenom kako bi omogućila da se tokom poseta bavi temama zdravstvene promocije, podrazumeva pregledanje detetovog zdravstvenog kartona i odabiranje tema za detetovo doba i situaciju porodice. Pedijatrijska sestra obrazuje porodicu tokom „trenutaka za podučavanje“, deca i porodica često najbolje uče kada im se predoči malo podataka zasnovanih na pitanjima roditelja ili na njenim zapažanjima.

Pedijatrijska sestra postaje zastupnik zdravstvenih problema deteta, kada se problem pojavi, budući da ona brine o detetu. Ona treba da potraži dodatne podatke iz različitih izvora, treba da priča i sa drugima, a onda napravi strategiju kako da problem reši i izradi plan zdravstvene nege.

Nivoi rada pedijatrijske sestre u sistemu zdravstvene zaštite RS:

- *Primarna prevencija* ima za cilj da smanji incidencu obolevanja i odsustvovanja od zdravlja, primer: imunizacija, podučavanje o bezbednosti u kolima.
- *Sekundarna prevencija* ima za cilj da smanji prevalencu skraćivanja trajanja bolesti (rana dijagnoza i lečenje bolesti kako bi se umanjila njena ozbiljnost), primer: razvojni skrining, oftalmološki i slušni skrining.
- *Tercijarna prevencija* ima za cilj da smanji komplikacije bolesti. Povratak u normalno – optimalno funkcionisanje, primer: rehabilitacione aktivnosti za dete nakon saobraćajnog udesa.

Abstract

The care of the sick spreads throughout history and dates back to the beginning of mankind until today. It is mentioned in church books and other writings, but not as a skill or a science, but as an activity that was reserved for monasticism, as well as for women, i.e. mothers and nuns. Nursing was first an activity, then a skill, to become a scientific discipline at the end of the twentieth century. Florence Nightingale is certainly one of the most significant women in the history of nursing, medicine, and society in general because it was with her that the development of the nursing profession began, which continues to this day. A pediatric nurse is the one in whose hands, life, the care and nurturing of a new life, begins.

Pediatric care and therapy are a multidisciplinary unit that care for newborns, infants, children, and adolescents at all levels of health care. The pediatric nurse builds an effective partnership with the family, a relationship in which participants join together to provide health care by recognizing the critical role of each partner and contributing to health promotion and disease prevention. Partners in child care are the child, the family, health workers, and society.

The pediatric nurse encourages family-centered communication, showing interest in the child and family, and effectively expressing information and understanding.

The pediatric nurse focuses on the topics of health promotion and health maintenance during the visits, recognizing the situation where the family will not start a conversation on these topics, and she must initiate them. The pediatric nurse manages time well to enable her to deal with health promotion topics during the visits, which includes reviewing the child's health record and selecting topics for the child's age and the family's situation. The pediatric nurse educates the family during "teaching moments," children and families often learn best when presented with small amounts of information based on the parent's questions or her observations.

A pediatric nurse becomes an advocate for a child's health problems, when a problem arises, since the nurse takes care of the child, she needs to look for additional information from different sources, she needs to talk with others, and then make a strategy on how to solve the problem, creating a health care plan care.

Work levels of pediatric nurses in the health care system of the Republic of Serbia:

- *Primary prevention* - aims to reduce the incidence of illness and absence from health, for example, immunization and teaching about car safety.
- *Secondary prevention* - aims to reduce the prevalence of shortening the duration of the disease (early diagnosis and treat-

Biti pedijatrijska sestra znači nesebično pružanje podrške tokom rasta i razvoja deteta, pomoći deci u toku lečenja i rehabilitacije u cilju kraćeg trajanja bolesti i bržeg izlečenja.

Uspeh rada medicinske sestre ne zavisi samo od njene humanosti i sposobnosti savladavanja savremene tehnologije. On zavisi i od trajne edukacije medicinske sestre. Zato je danas, u vremenima svakodnevnih promena, neophodno okrenuti se napretku profesije sestinstva upravo kroz trajno učenje u programima kontinuirane edukacije.

Uspeh sestinstva u Srbiji najviše zavisi od vizije budućnosti ove jedinstvene profesije.

ment of the disease in order to reduce its severity), for example, developmental screening; ophthalmological and hearing screening.

- *Tertiary prevention* - aims to reduce the complications of the disease. Return to normal - optimal functioning, for example, rehabilitation activities for a child after a traffic accident.

Being a pediatric nurse means selflessly providing support during the child's growth and development, helping children during treatment and rehabilitation with the aim of shortening the duration of the illness and faster healing.

The success of a nurse's work does not depend only on her humanity and ability to master modern technology. It also depends on the continuous education of the nurse. That is why today, in times of daily changes, it is necessary to turn to the progress of the nursing profession precisely through permanent learning in continuing education programs.

The success of nursing in Serbia mostly depends on the vision of the future of this unique profession.