



Umeća medicinske sestre u edukaciji pacijenata i porodice

The Skills of a Nurse in Patient and Family Education

Nataša Jevtović, Aleksandra Stoilković, Mirjana Petrović,
Dragana Radosavljević, Nađa Vučković

Univerzitetski klinički centar Kragujevac

University Clinical Center Kragujevac

Apstrakt

Uticao na edukaciju pacijenata i porodice u hospitalnim uslovima najviše može izvršiti medicinska sestra/tehničar. Hronične bolesti imaju trend porasta, ali i smanjen broj raspoloživih resursa za duge hospitalizacije. Naši pacijenti i njihove porodice na kućno lečenje izlaze u sredinu koja im vrlo često ne može pružiti odgovore i podršku za male dileme, kao i za intervencije koje moraju sami obavljati.

Prepoznavanjem potrebe za edukacijom i individualnim razmatranjem za svakog pacijenta u hospitalnim uslovima, pred medicinske sestre stavlja se nimalo jednostavni zadaci, u smislu obučenosti i pacijenta i porodice da prihvate novonastalu situaciju.

Edukacija pacijenata značajna je za sestrinsku praksu, jer doprinosi zdravlju, boljim zdravstvenim ishodima, osnažuje pacijenta za suočavanje sa zdravstvenim problemima, te doprinosi kvalitetetu života.

Ovaj rad ima za cilj da prikaže moguće probleme u edukaciji pacijenata i porodice, najčešće edukativne sadržaje u hospitalnim uslovima, ali i da prikaže kako pomoći pacijentu i porodici da prihvati stanje koje mu ugrožava život. Takođe ima za cilj da prikaže bitne karakteristike važne za sestru edukatora.

Ključne reči: edukacija, pacijent, porodica

Abstract

Nurses can have the most influence on the education of patients and families in hospital conditions. Chronic diseases have an increasing trend, but the number of available resources for long hospitalizations has also decreased. Our patients and their families go to home treatment in an environment that very often cannot provide them with answers and support for small dilemmas as well as for interventions that they have to perform themselves.

Recognizing the need for education and individual consideration for each patient in hospital conditions, nurses get the tasks, not simple at all, in terms of training both the patient and the family to accept the new situation.

Patient education is important for nursing practice because it contributes to health, and better health outcomes, empowers the patient to deal with health problems, and contributes to the quality of life.

The goal of this paper is to show possible problems in the education of patients and families, the most common educational content in hospital conditions, but also to show how to help the patient and the family to accept the condition that threatens the patient's life. It also aims to demonstrate essential characteristics important to the nurse educator.

Key words: education, patient, family