



Specifičnosti rada medicinske sestre u polivalentnoj patronaži

Specificity of the Work of Nurses in Polyvalent Patronage

Veliborka Milić, Sunčica Bacić, Sanja Branković, Jelena Đurišić

Dom zdravlja Aleksinac

Healthcare Center Aleksinac

Apstrakt

Poseta polivaletne patronaže u kući orijentisana je, pre svega, na prevenciju i edukaciju u porodici ili zajednici, uz maksimalno učešće i poštovanje korisnika.

Dobra saradnja sa timovima primarne zdravstvene zaštite, lokalnom zajednicom, udruženjima pacijenata, centrom za socijalni rad, centrima za kućnu negu i mnogim drugim subjektima sa kojima patronažna sestra kontaktira, u interesu je korisnika. Patronažna sestra je fokusirana na korisnika, a korisnik može biti pojedinac, porodica ili zajednica. Svima njima pruža pomoć u zadovoljavanju osnovnih potreba kroz primarnu, sekundarnu i tercijarnu prevenciju:

- primarna prevencija (sprovođi se u zdravoj populaciji sa ciljem promovisanja zdravlja i postizanja pozitivnog zdravstvenog ponašanja, odnosno razumevanja zdravlja, kao prave vrednosti koju treba unaprediti tokom života),
- sekundarna prevencija (pokušaji blagovremenog prepoznavanja i otkrivanja rizika koji dovode do neravnoteže i štete po zdravlje, a već prouzrokovane štete koja nije dovela do trajnih promena kod pojedinca) i
- tercijarna prevencija (medicinska sestra pomaže u ponovnom uspostavljanju balansa, sprečavajući fizičku i psihičku dekompenzaciju korisnika posle nastalih oštećenja i komplikacija koje nastaju nakon toga, odnosno, pomaže uspostaviti obrazac funkcionisanja kod pojedinaca koji imaju trajno i nepopravljivo oštećenje funkcije organizma).

Holistički pristup pacijentu nije koncentrisan samo na jedan problem, ona vodi računa o sadašnjosti i potencijalu problema i prepoznaje izvore pomoći i podrške. Osnovni način rada medicinske sestre u polivalentnoj patronaži je edukacija, a osnovno sredstvo su komunikacione veštine. Specifičnost rada patronažne sestre je da se odvija van zdravstvene ustanove, na mestima gde ljudi žive i rade. Patronažna sestra promovise važnost zdravlja, poboljšanja zdravlja, prevencije i rehabilitacije bolesti u kući, porodici ili zajednici.

Patronažna zdravstvena zaštita je profesionalna oblast sestriinske delatnosti, zasnovana na principima primarne zdravstvene zaštite, koji korisnicima garantuju:

- kvalitet pruženih usluga,
- dostupnost,
- nepristrasnost u pružanju nege,
- razumevanje ličnih, porodičnih i društvenih potreba i mogućnosti i
- efikasno pružanje nege uz kontinuirano praćenje rezultata i dostignuća.

Abstract

The visit of polyvalent patronage in the house is primarily oriented towards prevention and education within the family or community, with maximum participation and respect of the user.

Good cooperation with primary health care teams, local community, patient associations, social work centers, home care centers, and many other subjects with whom the visiting nurse contacts in the interest of the user. The visiting nurse is focused on the user, and the user can be an individual, a family, or a community. It provides assistance to all of them in meeting their basic needs through primary, secondary, and tertiary prevention:

- primary prevention (carried out in a healthy population to promote health and achieve positive health behavior, i.e. understanding health as a true value that should be improved during life),
- secondary prevention (attempts to timely recognize and detect risks that lead to imbalance and damage to health, and already caused damage that did not lead to permanent changes in the individual) and
- tertiary prevention (the nurse helps in re-establishing the balance, preventing physical and psychological decompensation of the user after the damage and complications that arise after that, i.e. helps to establish a functioning pattern in individuals who have permanent and irreparable damage to the body's function).

A holistic approach to the patient is not focused only on one problem, it takes into account the present and potential problems and recognizes the sources of help and support. The basic way of the nurse's work in polyvalent patronage is education, and the basic tool is communication skills. The specificity of the work of a visiting nurse is that it takes place outside the health care facility, in places where people live and work. The community nurse promotes the importance of health, health improvement, disease prevention, and rehabilitation in the home, family, or community.

Patronage health care is a professional area of nursing activity based on the principles of primary health care, which guarantees users:

- quality of services provided,
- availability,
- impartiality in providing care,
- understanding of personal, family, and social needs and possibilities and
- efficient provision of care with continuous monitoring of results and achievements.

Cilj u sprovođenju patronažne posete je usmeren na dve glavne grupe rešenja, postavljenih zadataka, koji se odnose na:

- Promovisanje i očuvanje zdravlja i prevenciju bolesti kod: novorođenčadi, odojčadi, male dece i predškolske dece, školske dece i omladine, posebno žena u trudnoći, babinjara, starih i nemoćnih lica, osoba sa posebnim potrebama, osoba sa rizičnim ponašanjem i lošim životnim navikama.
- Prepoznavanje, blagovremeno otkrivanje i zbrinjavanje bolesnih i nemoćnih koje se sprovodi tamo gde ljudi žive i rade, a najčešće u svojim domovima.

Patronažna sestra ima važan zadatak u javnom zdravlju i unapređenju i očuvanju zdravlja i usmerena je na korisnika, a korisnik može biti pojedinac, porodica ili zajednica. Osnovna delatnost medicinske sestre u vanbolničkoj nezi je edukacija, pojedinca ili grupe. Osnovna veština koja je potrebna medicinskoj sestri u polivaletnoj patronaži je komunikacija.

The goal in conducting the patronage visit is focused on two main groups of solutions to the set tasks, which relate to:

- Promotion and preservation of health and disease prevention in newborns, infants, small children, preschool children, school children, and youth, especially pregnant women, midwives, old and infirm persons, persons with special needs, and persons with risky behavior and bad lifestyle habits.
- Recognition, timely detection, and care of the sick and infirm, which is carried out where people live and work, and most often in their homes.

The community nurse has an important task in public health and the promotion and preservation of health and is focused on the user, and the user can be an individual, a family, or a community. The main activity of a nurse in outpatient care is education, of an individual or a group. The basic skill that a nurse needs to master in polyvalent patronage is communication