



Uloga medicinskih sestara-tehničara u procesu deinstitucionalizacije

The Role of Nurses-Technicians in the Process of Deinstitutionalization

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Apstrakt

Svrha usluge *zaštićeno stanovanje* spada u usluge podrške za samostalan život i obezbeđivanje uslova i podrške osobama sa mentalnim smetnjama da žive u prirodnom okruženju, na maksimalnom nivou samostalnosti i integracije, te da se spreči ponovna hospitalizacija. Ova usluga podrazumeva podršku multidisciplinarnog tima, kako bi korisnici mogli da dobiju odmerenu podršku, i razviju ili osnaže svoje kapacitete za samostalno funkcionisanje.

Kroz ovu uslugu korisnici dobijaju podršku u sledećim oblastima:

- pomoć u realizaciji prava iz oblasti stručnog socijalnog rada;
- podrška u zadovoljenju svih neophodnih zdravstvenih potreba;
- održavanje domaćinstva, priprema hrane;
- nabavka i čuvanje garderobe i briga o njoj i o ličnim stvarima;
- razvoj i negovanje prijateljskih odnosa sa porodicom i starocima;
- razvoj sposobnosti za rešavanje problema;
- razvoj kapaciteta za uključivanje u zajednicu;
- usluge dnevnih programa vaspitnog rada, radne terapije i radnog angažovanja;
- obeležavanje značajnih datuma za korisnike;
- podrška u uključivanje u aktivnosti i sadržaje u lokalnoj zajednici i razvoj odnosa sa okruženjem.

Zadaci multidisciplinarnog tima:

- odabir novih kandidata i pribavljanje saglasnosti;
- procene kandidata;
- priprema korisnika na život u vanbolničkim uslovima;
- adaptacija korisnika;
- organizacija rada i programskih aktivnosti.

Prilikom procene korisnika za uslugu stanovanje uz podršku izrađuje se akcioni plan – okvir koji služi kao pomoć korisniku u prevazilaženju problema. On je osmišljen tako da može biti vid praktične podrške za oporavak pacijenta/korisnika na dnevnoj bazi, da bude podsetnik i vodič, ali i podsetnik na teška vremena. Dizajniran je kao pomoć za učenje o sebi, o tome šta pomaže, a šta ne i kako se napreduje više u kontroli vlastitog života i iskustva. Sadrži instrukcije za razvijanje plana u krizi, kao sredstvo za vođenje drugih u donošenju najboljih odluka za korisnika i brigu o njemu, kada njegovi problemi i simptomi budu toliko da to ne može učiniti za sebe.

Abstract

The purpose of the sheltered housing service is to support services for independent living and to provide conditions and support for people with mental disorders to live in a natural environment, at the maximum level of independence and integration, and to prevent re-hospitalization. This service includes the support of a multidisciplinary team so that users can receive measured support, and develop or strengthen their capacities for independent functioning.

Through this service, users receive support in the following areas:

- assistance in the realization of rights in the field of professional social work;
- support in meeting all necessary health needs;
- housekeeping, food preparation;
- procurement and storage of wardrobe and care of it and personal belongings;
- development and nurturing of friendly relations with family and elders;
- development of the ability to solve problems;
- development of capacities for inclusion in the community;
- services of daily programs of educational work, work therapy, and work engagement;
- marking important dates for users;
- support in involvement in activities and contents in the local community and development of relations with the environment.

Tasks of the multidisciplinary team:

- selection of new candidates and obtaining consent;
- evaluations of candidates;
- preparing users for life in outpatient conditions;
- user adaptation;
- organization of work and program activities.

During the evaluation of the user for the supported housing service, an action plan is drawn up - a framework that serves to help the user overcome problems. It is designed so that it can be a form of practical support for the recovery of the patient/user on a daily basis, to be a reminder and a guide, but also a reminder of difficult times. It's designed to help you learn about yourself, what works and what doesn't, and how to take more control of your own life and experience. It contains instructions for developing a crisis plan, as a means of guiding others in making the best decisions for the user and their care, when their problems and symptoms are so great that they cannot do it for themselves.

Akcioni plan uključuje:

- razvijanje tehnika za uspostavljanje blagostanja;
- razvoj dnevnog plana za održavanje blagostanja;
- razumevanje okidača i onog što u vezi sa njima korisnik može da uradi;
- utvrđivanje znakova koji ukazuju da je pogoršanje u toku i akcionog plana u vezi sa tim;
- planiranje u kriznoj situaciji;
- planiranje posle krize.

The action plan includes:

- developing techniques for establishing well-being;
- development of a daily plan for maintaining well-being;
- understanding triggers and what the user can do about them;
- determination of signs indicating that deterioration is underway and an action plan related to it;
- planning in a crisis situation;
- post-crisis planning.