

The nurse's role in the care of a child with inflammatory bowel disease

Vloga medicinske sestre pri otroku s KVČB

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Izveček

Kronična vnetna črevesna bolezen je splošni izraz, ki vključuje Crohnovo bolezen, ulcerozni kolitis in nederterminirani kolitis. Vse bolezni se lahko zdravijo in ob zdravljenju večina obolelih lahko živi normalno življenje.

Živeti s KVČB je zapleteno. Obdobja remisije, izmenjaje z obdobji aktivne bolezni, dajejo občutek zdravja in enakovrednosti s sošolci, prijatelji – v nekem trenutku in slabega počutja in neusklajenosti z okolico – v naslednjem. Otroci lahko dobijo občutek, da ne morejo obvladati svoje bolezni in svojega življenja. Če sami skupaj z družino in prijatelji ne razumejo teh sprememb, lahko to oteži izražanje njihovih občutij.

Medicinska sestra igra pri zdravstveni negi in zdravstveni vzgoji otroka in staršev pomembno vlogo. Ta se prične že ob prvem sprejemu v bolnišnico in traja ves čas zdravljenja. Z otroki in s starši skuša vzpostaviti sočuten odnos. Z njimi se pogovarja o bolezni, simptomih, možnih zapletih, o načinih zdravljenja, prehranskem zdravljenju in o spremenjenem načinu življenja zaradi bolezni. Sodeluje pri izvajanju diagnostično-terapevtskih preiskav in posegih, ki so nepogrešljivi del obravnave otrok z boleznimi prebavil. Njena vloga je aktivna, kar pomeni, da otroka pridobi za sodelovanje pri preiskavi. Dobra izvedba preiskave je v veliki meri odvisna od profesionalnosti medicinske sestre, ki mora znati otroka motivirati in ga voditi med preiskavo. Velikokrat je to za medicinsko sestro najzahtevnejša naloga.

Abstract

Inflammatory bowel disease is a general term for a group of inflammatory conditions that include Crohn's disease, ulcerative colitis and indeterminate colitis. All these conditions are treatable and, with treatment, most patients are able to lead a normal lifestyle.

Nevertheless, life with IBD does entail certain complications. The periods of remission, alternating with active periods, provide a feeling of health and equality with schoolmates and friends at one moment and feeling unwell and not in harmony with the environment at another. Children can get a feeling that they cannot control their disease and their life – and if they fail to understand these changes, together with their family and friends, it can make it more difficult for them to express their feelings.

A nurse plays an important role when nursing a child with IBD and educating the family about healthcare. This starts upon the first admission to the hospital and lasts throughout the treatment. The nurse seeks to establish an empathic relationship with the child and the parents, discussing with them the disease, its symptoms, possible complications, treatment methods, dietary treatment and a changed lifestyle due to the disease. The nurse also takes part in the implementation of diagnostic and therapeutic tests and procedures that are indispensable when treating children with gastrointestinal disorders. The nurse's role is an active one, which means that she motivates the child to cooperate in the test. Good implementation of the test largely depends on the professionalism exhibited by the nurse, who should know how to motivate and lead the child through the test. Frequently, this is the most demanding task for the nurse.