

Quality of life after liver transplantation

Kakovost življenja po presaditvi jeter

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Izvleček

Jetra so največja žleza in poleg kože tudi največji organ v telesu. So osrednji laboratorij za predelavo beljakovin, ogljikovih hidratov in maščob ter postaja za razstrupljanje našega telesa.

Odpoved delovanja jeter je posledica kronične jetrne bolezni ali akutne bolezni oziroma okvare jeter. Mnoge bolezni jeter spremlja zlatenica kot izraz povečane ravni bilirubina v sistemu. Danes lahko živimo brez drugih organov, pomembnih za presnovo, na primer brez ledvic ali brez trebušne slinavke, kajti njihovo delovanje lahko nadomestimo. Brez jeter pa ne moremo živeti, ker so njihove naloge preveč raznolike in zapletene. Zato je pri neozdravljivih boleznih jeter potrebna presaditev jeter.

Življenje z otrokom, ki potrebuje presaditev jeter, je naporno za vso družino. Predvsem na začetku zdravljenja je življenje za družino stresno, predvsem za starše.

Medicinska sestra mora imeti dovolj znanja, predvsem se mora znati pogovarjati s starši v preprostem jeziku z veliko mero optimizma. Damo jim čutiti, da niso sami in jih opogumljamo. Medicinska sestra mora prva verjeti v uspešnost zdravljenja, da lahko staršem vliva pogum.

Kakovost življenja ni nujno popolnost, ampak način, kako živimo z nepopolnostjo. Človek, ki je kakor koli prizadet, lahko doživlja svoje življenje zelo kakovostno. Pri tem je pomemben njegov osebni odnos in odnos do njegove okolice. Tu gre za višjo kakovost, kot jo lahko pridobimo z znanjem, in jo lahko ovrednotimo.

Abstract

The liver is the largest gland and, apart from the skin, also the biggest organ in the body. They are a central laboratory for processing proteins, carbohydrates and fat, and they also detoxify our body.

Liver failure is a result of chronic or acute liver disease or hepatic impairment. Many diseases of the liver are accompanied by icterus as a result of increased level of bilirubin in the system. Today we can live without other organs important for metabolism, such as eg. the kidney or pancreas, because their function can be replaced. But we cannot live without the liver because their functions are too varied and complex. Therefore, when we have incurable disease of the liver we need liver transplantation.

Life with a child who needs liver transplantation is very hard for all family members. Especially at the beginning of treatment, life for all family members, and in particular for the parents, is very stressful.

Nurses must have sufficient knowledge, she should be able to talk to parents in plain language with a high degree of optimism. We make them feel that they are not alone and we encourage them. Nurses must believe in successful treatment, so that they can inspire courage in parents.

Quality of life is not in perfection, but rather in the way how we manage to live with imperfection. A person who is in any way affected, can perceive his quality of life as very good. Here, his personal attitude and attitude to his surroundings is most important. This is a higher quality than that obtainable by knowledge alone and which can be measured or evaluated.