

Percepcija medicinskih sester o duhovnosti in duhovni oskrbi v zdravstveni negi

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Raziskovalno vprašanje (RV): Duhovnost in duhovna oskrba v zdravstveni negi sta tako v tujini kot pri nas še vedno slabše raziskani. V skladu s temo smo si zastavili naslednja raziskovalna vprašanja: Kako medicinske sestre dojemajo duhovnost in svoje zmožnosti zagotavljanja duhovne oskrbe v zdravstveni negi? Ali obstajajo statistično pomembne razlike med demografskimi podatki medicinskih sester in njihovo percepcijo o duhovnosti in zagotavljanju duhovne oskrbe? Ali je podkategorija »Duhovnost v izobraževalnem programu zdravstvene nege« povezana z ostalimi podkategorijami, ki se nanašajo na percepcijo medicinskih sester o duhovnosti in zagotavljanju duhovne oskrbe?

Namen: Namen raziskave je poudariti pomen duhovnosti in duhovne oskrbe pri zaposlenih v zdravstveni negi s ciljem preučiti percepcijo medicinskih sester o duhovnosti in zagotavljanju duhovne oskrbe v zdravstveni negi.

Metoda: Uporabljena je bila kvantitativna deskriptivna ne eksperimentalna metoda s tehniko anketiranja.

Rezultati: Anketirani menijo, da so duhovne potrebe pacientov pomembne za njihovo zdravje in dobro počutje. Vendar se medicinske sestre pri zadovoljevanju teh potreb srečujejo z različnimi ovirami. Formalna izobrazba medicinskih sester jih ne opremlja z veščinami za zagotavljanje duhovne oskrbe. To poudarja potrebo po večjem poudarku na duhovnosti in duhovni oskrbi v izobraževanju medicinskih sester, da bi odpravili ovire za kompetentno zdravstveno nego.

Organizacija: Prepoznavanje pomena duhovnosti pri oskrbi pacientov lahko zdravstvene organizacije spodbudi k oblikovanju politik in programov, ki omogočajo vključevanje duhovne

oskrbe v klinično prakso. Vključevanje duhovne oskrbe v prakso zdravstvene nege vodi k boljšim izidom zdravljenja in izboljšani kakovosti zdravstvene nege ter povečuje zadovoljstvo in izpolnjenost medicinskih sester pri delu. Spodbuja tudi bolj celosten in na pacienta osredotočen pristop ter pozitiven ugled zdravstvenih organizacij.

Družba: Osredotočanje na duhovne potrebe pacientov lahko poudari družbeno odgovornost ter spodbuja zavedanje posameznikov in skupnosti, o njihovem vplivu na okolje. Priznavanje in spoštovanje duhovnih prepričanj posameznikov iz različnih kulturnih okolij spodbuja raznolikost in vključevanje ter prispeva k bolj sprejemljivi in razumevajoči družbi. Predlagamo izvedbo dodatnih izobraževanj na temo duhovnosti za zdravstvene delavce, kar bi imelo pozitiven vpliv na ustreznejše vključevanje pacientov iz drugih kultur v zdravstveno oskrbo.

Originalnost: V slovenskem prostoru nismo našli veliko literature, ki bi opisovala duhovnost v zdravstveni negi. Z raziskavo smo zagotovili temelje za z dokazi podprta priporočila za vključevanje duhovne oskrbe v zdravstveno nego. Bistvo raziskave je razumevanje odnosa med duhovnostjo in prakso zdravstvene nege, kar je izrednega pomena za razvoj področja zdravstvene nege in izboljšanje kakovosti zdravstvene nege pacientov

Omejitve/nadaljnje raziskovanje: Pomanjkljivosti naše raziskave so povezane z nizko notranjo konsistentnostjo posameznih podkategorij ter majhnim vzorcem anketiranih. Potrebna bi bila nadaljnja psihometrična validacija lestvice na večjem vzorcu.

Ključne besede: religioznost, holistični pristop, verska prepričanja, kulturna občutljivost, duhovne potrebe, kvantitativna raziskava.

Rebeka Lekše je diplomirala in magistrirala iz zdravstvene nege na Univerzi na Primorskem, Fakulteti za vede o zdravju v Izoli. Trenutno je zaposlena kot asistentka na Fakulteti za vede o zdravju. Izvaja laboratorijske in klinične vaje pri predmetih Osnove zdravstvene nege in Zdravstvena nega žensk. Pred vstopom v akademski svet, je pridobivala delovne izkušnje na primarni (zdravstveni dom) in sekundarni (operacijski blok v kirurškem centru) ravni zdravstvenega varstva. Med raziskovalnimi interesi so predvsem področja iz javnega zdravstva (varstvo pri delu). Sodeluje pri domačih in evropskih projektih.

Sandra Martinuč je diplomirala in magistrirala iz zdravstvene nege na Univerzi na Primorskem, Fakulteti za vede o zdravju v Izoli. Zaposlena je kot predavateljica na področju zdravstvene nege na UP Fakulteti za vede o zdravju. Izvaja laboratorijske vaje in klinične vaje s študenti v kliničnih okoljih iz predmeta Osnove zdravstvene nege in iz predmeta Obvladovanje bolnišničnih okužb. Predava pri predmetu Z zdravjem povezan življenjski slog. Zaposlena je bila 13 let v kliničnem okolju na področju pediatrije in otroške kirurgije. Sodelovala je na projektu s tujci in na nekaterih konferencah v Sloveniji. Področja, ki jih raziskuje je zdravstvena nega, zdrav življenjski slog, promocija zdravja in bolnišnične okužbe.

Nurses' Perception about Spirituality and Providing Spiritual Care in Nursing

Research Question (RQ): Spirituality and spiritual care in nursing are still under-researched both abroad and here. In line with the theme, we set ourselves the following research questions: how do nurses perceive spirituality and their capacity to provide spiritual care in nursing? Are there statistically significant differences between nurses' demographics and their perceptions of spirituality and the provision of spiritual care? Is the sub-category 'Spirituality in the nursing education programme' related to the other sub-categories relating to nurses' perceptions of spirituality and the provision of spiritual care?

Purpose: The purpose of this study is to highlight the importance of spirituality and spiritual care in nursing staff with the aim of examining nurses' perceptions of spirituality and the provision of spiritual care in nursing.

Method: A quantitative descriptive non-experimental method using a survey technique was used. Results: Respondents consider the spiritual needs of patients to be important for their health and well-being. However, nurses face various obstacles in meeting these needs. Nurses' formal education does not equip them with the skills to provide spiritual care. This highlights the need for a greater emphasis on spirituality and spiritual care in nursing education to remove barriers to competent nursing care.

Organization: Recognizing the importance of spirituality in patient care can encourage healthcare organisations to develop policies and programmes that integrate spiritual care into clinical practice. Integrating spiritual care into nursing practice leads to better patient outcomes and improved nursing care quality, increasing job satisfaction and fulfilment among nurses. It also promotes a more holistic and patient-centered approach and a positive reputation for healthcare organizations.

Society: Focusing on the spiritual needs of patients can highlight social responsibility and promote awareness among individuals and communities of their impact on the environment. Recognizing and respecting the spiritual beliefs of individuals from different cultural backgrounds promotes diversity and inclusion and contributes to a more accepting and understanding society. We propose to provide additional training on spirituality for health professionals, which would have a positive impact on a more appropriate integration of patients from other cultures into health care.

Originality: We have not found much research in the Slovenian literature on the topic of spirituality in nursing. Our research provided a foundation for evidence-based

recommendations for integrating spiritual care into nursing, tools for assessing spiritual care and for inclusion in nurse education.

Limitations / further research: The weaknesses of our survey are related to the low internal consistency of the subcategories and the small sample size. Further psychometric validation of the scale on a larger sample would be needed.

Keywords: religiosity, holistic approach, religious beliefs, cultural sensitivity, spiritual needs.

Rebeka Lekše completed her Bachelor's and Master's degree in nursing at the Faculty of Health Sciences in Izola. She works as an assistant at the University of Primorska, Faculty of Health Sciences. She supervises and trains students in laboratory and clinical exercises in Basic nursing with philosophy and Women's nursing care. Before entering the academic world, she worked in health care institutions of primary and secondary health care (health care centre and surgical block of the surgery centre). Her research interests are mainly in public health (occupational health). She is involved in national and European projects.

Sandra Martinuč graduated and obtained her Master's degree in Nursing at the University of Primorska, Faculty of Health Sciences in Izola. She is employed as a lecturer in nursing at the UP Faculty of Health Sciences. She conducts laboratory exercises and clinical practicals with students in clinical settings in the Fundamentals of Nursing and in the Management of Hospital Acquired Infections courses. She lectures in the Health-related Lifestyle course. She has worked for 13 years in clinical settings in paediatrics and paediatric surgery. She has participated in a project with foreigners and in some conferences in Slovenia. Her research areas are nursing care, healthy lifestyles, health promotion and Hospital-acquired infections.
