

# Gradniki proaktivnega modela zdravja in dobrega počutja reumatoloških bolnikov v Sloveniji

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## Povzetek

**Raziskovalno vprašanje (RV):** Bolezni mišično-skeletnega sistema predstavljajo eno izmed najpogostejših kroničnih nenalezljivih bolezni. Na naraščanje števila bolezni vpliva staranje populacije, epidemija debelosti in nezadostno gibanje. V Sloveniji je trenutno 11% populacije z različnimi oblikami revmatskih bolezni. Revmatične bolezni se pojavijo v vseh življenjskih obdobjih in pomembno vplivajo na kvaliteto življenja. Stroški zdravljenja so visoki in predstavljajo pomemben javnozdravstveni problem, ki narašča s staranjem prebivalstva in spremembami dejavnikov zdravja. Ni še jasno opredeljeno, ali imajo bolniki pomemben vpliv na kakovost življenja z ustreznim menedžmentskim pristopom k zdravljenju.

**Namen:** Namen raziskave je pregled trenutne literature o problematiki samokontrole revmatičnih bolezni z vidika celostne rehabilitacije, razdelitev samokontrole na različne kategorije in ocenitev doprinosov vsake kategorije na zdravje in dobro počutje. Pri tem bomo identificirali glavne dejavnike, ki vplivajo na ohranjanje zdravja in dobrega počutja bolnikov.

**Metoda:** Izvedli smo integrativni pregled literature, ki je bila objavljena v zadnjih desetih letih na področju samokontrole bolezni in kategorizacijo dejavnikov, ki vplivajo na ohranjanje zdravja in dobrega počutja ter ovrednotili njihov prispevek na počutje bolnika. Uporabljena strategija iskanja je bila bibliografska študija objavljenih člankov v spletnih bazah Pubmed, OTseeker, CINAHL in Medline s ključnimi besedami: revmatična bolezen, zdravje in dobro počutje, rehabilitacija, menedžment, proaktivno vedenje.

**Rezultati:** Opisano je veliko kategorij - menedžmenta bolezni, ki jih lahko razdelimo na: upoštevanje različnih virov informacij, zahteve, ki jih narekuje sama bolezen (zdravljenje), in življenje s kronično boleznijo (stil življenja posameznika in vpetost v družino/družbo). Predvidevamo, da bodo posamezne kategorije različno doprinesle k zdravju in dobremu počutju in da k spodbujanju menedžmenta ogromno doprinese družbena in organizacijska podpora.

**Organizacija:** Izvajalci zdravstvenih storitev lahko omogočijo proaktivno vedenje posameznika s stalnimi procesi komuniciranja, partnerstva in oblikovanjem ustreznih načrtov menedžmenta na daljše časovno obdobje.

**Družba:** Predpostavljamo, da analiza pomaga prepoznati družbeno odgovornost posameznika in družbe v skupni skrbi za zdravje populacije in posameznika v njej.

**Originalnost:** Raziskava ponuja aktualen pogled na možnosti prevzemanja odgovornejšega vedenja za boljši izid zdravljenja posameznika s kronično revmatično boleznijo. Identificiramo dejavnike tveganja ki doprinesejo k menedžmentu reumatoloških bolnikov.

**Omejitve/nadaljnje raziskovanje:** Smotno bi bilo nadaljnje raziskovanje v smeri iskanja možnosti, ki jih imajo bolniki v Sloveniji ter oblikovanje proaktivnih smernic menedžmenta bolezni.

**Ključne besede:** revmatična bolezen, zdravje in dobro počutje, rehabilitacija, menedžment, proaktivno vedenje

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# The building blocks of a proactive model for the health and well-being of rheumatological patients in Slovenia

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## Abstract

**Research Question (RQ):** Musculoskeletal disorders are one of the most common chronic non-communicable diseases. The increasing number of diseases is affected by the aging of the population, the obesity epidemic and insufficient movement. In Slovenia, 11% of the population currently has various forms of rheumatic diseases. Rheumatic diseases occur at all stages of life and significantly affect the quality of life. The cost of treatment is high and represents a major public health problem that is increasing with population aging and changes in health factors. It is not yet clear if patients have a significant impact on quality of life through an appropriate self-management approach to treatment.

**Purpose:** The purpose of the research is to review the current literature on the issue of rheumatic disease self-management in terms of holistic rehabilitation, to divide self-management into different categories and to evaluate the contribution of each category to health and well-being. We will identify the main factors that affect the maintenance of health and well-being.

**Method:** We conducted an integrated review of the literature published over the last 10 years on disease self-management in categorizing the factors that influenced the maintenance of health and wellness and evaluated our contributions to the patient well-being. The strategy used was published in the bibliographic study of published articles in the Pubmed, OTseeker, CINAHL and Medline databases with the keywords: rheumatic disease, health and well-being, rehabilitation, self-management, proactive behavior.

**Results:** Many categories - forms of self-management of the disease are described, which can be divided into: consideration of different sources of information, requirements dictated by the disease itself (treatment), and living with a chronic illness (individual lifestyle and involvement in family / society). It is anticipated that individual categories will contribute differently to health and well-being and that social and organizational support can greatly contribute to promoting self-management.

**Organization:** Health care providers can encourage an individual to proactively behave through ongoing processes of communication, partnerships and the creation of appropriate self-management plans over time.

**Society:** We assume that the analysis will help to identify the social responsibility of the individual and society in the common concern for the health of the population and the individual within it.

**Originality:** The research provides an up-to-date overview at the possibilities to take more responsible behaviors to improve the outcome of treatment of an individual with chronic rheumatic disease.

**Limitations / further research:** Further research would be helpful to find the options for patients in Slovenia and in developing proactive guidelines of self-management.

**Keywords:** rheumatic disease, health and well-being, rehabilitation, self-management, proactive behavior

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