
PHYSICAL ACTIVITY IN NURSES AT POŽEGA GENERAL HOSPITAL

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Abstract

Introduction: Physical activity shows many health benefits: reduced risk of cardiovascular disease, control of high blood pressure, reduced risk of obesity, reduced risk of type II diabetes, reduced risk of malignancy, reduced risk of malignancy, strengthening of skeletal muscle.

Objective: to examine the range of physical activity among nurses in the workplace and their habits regarding physical activity during their free time.

Methods: The study included 107 nurses employed at the Požega General County Hospital. The study was conducted via questionnaire consisting of sociodemographic variables (sex, age, education, marital status, residence) and modified version of Baeck's physical activity questionnaire.

Results: It turned out that the majority of participants did not engage in any physical activity (78.52%), $p = 0.656$. Gender differences were found in physical activity, showing that respondents were more likely to play sports than respondents ($P < 0.001$). There is a difference with respect to sweating while performing physical activities with respect to the age groups of subjects between 20 and 30 years and the group of subjects more than 50 years ($p = 0.012$) and the group of subjects aged 31 to 40 and the group of subjects in the age group with more than 50 years ($p = 0.002$). Differences were also seen between the groups of subjects aged 41 to 50 and over 50 ($p = 0.033$).

It was statistically confirmed that significantly more respondents with a university degree are involved in sports, unlike those with secondary education, where a significantly smaller number of respondents claimed to be involved in sports ($p = 0.032$).

Conclusion: The study showed that physical activity of nurses in general is subpar. Most of the subjects do not engage in any physical activity.

Key words: nurse, work, free time, physical activity

UPRAVLJANJE BOLI KOD BOLESNIKA S KRONIČNIM RANAMA

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Sažetak

Uvod: Bol je čest simptom kod bolesnika s kroničnim ranama, te značajno utječe na kvalitetu života. Kontinuiranom procjenom boli, medicinska sestra će omogućiti pravovremeno terapijsko djelovanje.

Metode: Provedeno je presječno istraživanje u OŽB Požega. Sudjelovali su punoljetni bolesnici s ranama koje nisu zacijelile duže od 8 tjedana. Obuhvaćeno je 60 bolesnika. Za procjenu boli je korištena Vizualno analogna skala u tri vremenske točke (kod prijema, pri previjanju rane i u mirovanju). Od statističkih testova korišten je Hi kvadrat test, MANOVA, te Bonferroni post hoc test.

Rezultati: Utvrđeno kako postoji značajna statistička razlika u tri vremenska perioda mjerenja boli prema spolu ispitanika na način da su ispitanice značajno više procjenjivale razinu boli od ispitanika ($p=0,008$). Statistička značajna razlika je uočena u tri vremenska perioda mjerenja boli prema vrsti rane ($p<0,001$). Značajna razliku između razine boli kod prijema bolesnika i s ulkusom gdje procjenjuju bol značajno više od ispitanika s dekubitusom ($p=0,031$) i površinskim ranama/kontuzijama ($p=0,006$). Također ispitanici s gangrenom u istom vremenu mjerenja značajno višom procjenjuju bol od ispitanika s dekubitusom ($p=0,002$) i ispitanika s površinskim ranama/kontuzijama ($p=0,006$). Kod razine boli u mirovanju ispitanici s ulkusom značajno višom procjenjuju bol od ispitanika s površinskim