


Utjecaj i doprinos obitelji u zdravstvenoj njezi hospitaliziranih bolesnika

The impact and contribution of family in the care of hospitalized patients

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Uloga obitelji, rodbine i prijatelja od vitalne je važnosti za održavanje kvalitete života hospitaliziranih bolesnika. Tijekom hospitalizacije nužna je stalna interakcija između obitelji i medicinskih sestara, radi postizanja cjelovite skrbi.¹ Obitelj u velikoj mjeri pomaže u smanjenju stresa uzrokovane bolesti i hospitalizacijom.² Najbliži usmjeravaju bolesnika kako bi se učinkovito suočio sa svim komplikacijama bolesti te sudjelovao u aktivnostima samopomoći.³ Neke od aktivnosti koje obitelj može provoditi tijekom hospitalizacije jesu održavanje komunikacije, psihološka i emocionalna podrška, poticaj, zastupanje bolesnika i informiranje o temama koje ga se tiču, sudjelovanje u planiranju, suradnja tijekom terapijskog procesa te sudjelovanje u pružanju brige poput pomoći tijekom obroka, masaža tijela, individualna higijena i dr.⁴

Jedan od velikih problema koji tijekom pandemije koronavirusa znatno utječe na psihi je zabrana posjeta hospitaliziranim bolesnicima. Iako nema sumnje da su takva ograničenja osmišljena kako bi se smanjilo širenje virusa, ona predstavljaju prijatnu obiteljsku zajednicu. Obitelj sve više brine za svoje bližnje, dolazi do straha od usamljenosti, tuge i mogućnosti gubitka motivacije.⁵

Sudjelovanje obitelji u skrbi za hospitalizirane bolesnike od velike je važnosti. Prisutnost obitelji te redovita komunikacija zdravstvenih djelatnika s bolesnicima i njihovim obiteljima trebaju postati dio redovne skrbi. Sudjelovanje obitelji u bolnici bit će učinkovito ako je obitelj obaviještena o stanju bolesnika i odgovarajuće educirana od strane medicinskog osoblja kako bi bližnjima pružili učinkovitu psihološku podršku.

The role of family, relatives and friends is vital to maintaining the quality of life of hospitalized patients. During hospitalization, constant interaction between family and nurses is necessary to achieve comprehensive care.¹ The family greatly helps to reduce the stress caused by disease and hospitalization.² The closest ones guide the patient to effectively cope with all complications of the disease and participate in self-help activities.³ Some of the activities that a family can carry out during hospitalization are communication, psychological and emotional support, encouragement, patient representation and information on topics related to it, participation in planning, cooperation during the therapeutic process and participation in providing care such as meal assistance, body massage, individual hygiene, etc.⁴

One of the major problems that significantly affects psychological status during a coronavirus pandemic is the ban on visiting hospitalized patients. While there is no doubt that such restrictions are designed to reduce the spread of the virus, they pose a threat to the family community. The family cares more and more for their loved ones, there is a fear of loneliness, sadness, and the possibility of losing motivation.⁵

Family involvement in the care of hospitalized patients is of great importance. The presence of families and regular communication of health professionals with patients and their families should become part of regular care. Family participation in the hospital will be effective if the family is informed of the patient's condition and adequately educated by the medical staff to provide effective psychological support to loved ones.

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