Effects of a Sleepless Night on Nursing Care and Kinesiotherapy

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Abstract

Sleep is essential for physical and mental health and plays a key role in the body's recovery, memory consolidation, emotional balance, and immune function. Insufficient sleep leads to increased fatigue, irritability, reduced concentration, and worsening of neurological symptoms such as headache, dizziness, and balance disorders. Some patients may also experience confusion, disorientation, or deterioration of cognitive functions.

Aim: The aim of this paper is to present the implementation of nursing care and kinesiotherapy in two neurological patients following a night of adequate sleep and a sleepless night.

Discussion: The consequences of sleep deprivation may complicate planned nursing interventions, as patients may be less cooperative, respond more slowly to instructions, or have reduced tolerance for therapeutic procedures. Their ability to learn new motor tasks and remember therapists' instructions may also be impaired. Fatigue can lead to reduced muscular endurance and an increased risk of incorrect exercise performance or injury during therapy. Therefore, nurses should adapt their approach to the patient, provide a calm environment, monitor neurological status and vital signs, and implement measures that promote rest and better sleep quality. Similarly, therapists should adjust the intensity, duration, and type of exercises and monitor the patient's general condition. In some cases, shortening therapy sessions or introducing simpler activities may be necessary to ensure the safety and effectiveness of rehabilitation.

Conclusion: Timely recognition of the consequences of a sleepless night and an individualized approach to planning and implementing nursing care and kinesiotherapy are important for maintaining a stable neurological status and ensuring the successful implementation of therapeutic and diagnostic procedures.

Keywords: neurological patient; sleep; nursing care; kinesiotherapy

2026. Pandža K, Đorđijevski D.
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Učinci bolesnikove neprospavane noći na provođenje zdravstvene njege i kineziterapije

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Sažetak

Spavanje je temelj fizičkog i mentalnog zdravlja te je ključno za regeneraciju organizma, učvršćivanje pamćenja, emocionalnu ravnotežu i jačanje imuniteta. Nedovoljno spavanja dovodi do povećanog umora, razdražljivosti, smanjene koncentracije te pogoršanja neuroloških simptoma poput glavobolje, vrtoglavice ili poremećaja ravnoteže. Kod nekih bolesnika mogu se javiti i konfuzija, dezorijentacija ili pogoršanje kognitivnih funkcija.

Cilj rada: Cilj ovoga rada jest prikazati provođenje zdravstvene njege i kineziterapije kod dvaju neuroloških bolesnika nakon prospavane i neprospavane noći.

Razrada: Posljedice nedostatka spavanja otežavaju provođenje planiranih intervencija zdravstvene njege jer bolesnik može biti slabije suradljiv, sporije reagirati na upute ili imati smanjenu toleranciju na terapijske postupke. Može se javiti i smanjena sposobnost učenja novih motoričkih zadataka te slabije pamćenje uputa terapeuta. Umor može dovesti do smanjene mišićne izdržljivosti te povećanog rizika od nepravilnog izvođenja vježbi ili ozljeda tijekom terapije. Zbog navedenoga medicinske sestre trebaju prilagoditi pristup bolesniku, osigurati mirno okruženje, pratiti neurološki status i vitalne znakove te provoditi mjere koje potiču odmor i kvalitetnije spavanje. S druge strane, terapeut treba prilagoditi intenzitet, trajanje i vrstu vježbi te pratiti opće stanje bolesnika. Ponekad je potrebno skratiti trajanje terapije ili provoditi jednostavnije aktivnosti kako bi se osigurale sigurnost i učinkovitost rehabilitacijskog postupka.

Zaključak: Pravodobno prepoznavanje posljedica neprospavane noći i individualiziran pristup planiranju i provođenju zdravstvene njege i kineziterapije važni su za očuvanje stabilnog neurološkog statusa bolesnika i uspješno provođenje terapijskih i dijagnostičkih postupaka.

Ključne riječi: neurološki bolesnik; spavanje; zdravstvena njega; kineziterapija

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