آموزش بیماران درباره سوند خود

ترجمه و تنظیم: علیرضا کلی ملا

همراه با استفاده از سوند گذاری مجازی ادراری مسائل متعددی وجود دارد که در جمله عنوان‌های دستگاه ادراری و مشکلات مکانیکی، عضویت با بیماری مورد تحقیق قرار گرفته‌اند. اما مشکلات مکانیکی که ناشی از مسدودیت، نشست ادراری و تراکمی عضوی است، کمتر مورد بحثی قرار گرفته‌اند. اگرچه به سبب بیماران و مرافعین آن‌ها درباره مراقبت‌های بهداشتی سوند آورش داده می‌شود، اما در عمل فقط مکانیسم بصری یک نوسیب باقی بماند.

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منبع مطالعه:

Teaching patient about their catheter

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There are several problems associated with the use of indwelling urethra catheters, including urinary tract infections and mechanical problems. Infections have been well researched but mechanical problems associated with blockage, leakage of urine and general discomfort have been less investigated. Although education of patients and carers on the use of catheters has been recommended, in practice this may remain only a recommendation.

Before studying patient education, it is necessary to know what the users already understand, to make further communication effective. We studied patient understanding and knowledge of their catheter’s location and function, it acceptance, social implication and its subsequent management.

We obtained a sample of 36 patients, 20(56%) male and 16(44%) female with an age range of 51-93 years (mean age 65/9) from four health centers and all of the old people’s homes in one health district. We checked the patients had a minimum mental test score of seven and that they consented to their participation in the study. We collected information by structured interview of patient and carers, reference to medical and nursing records and by discussion with nursing staff. We used a semi-structured interview schedule, diagrams and verbal rating scales to document the information and analyzed the data to give frequencies of variables and their relationship.

Key word: urine catheter, patient, education