



KADAR JE ZDRAVSTVENI DELAVEC BOLNIK ALI BOLNIKOV BLIŽNJI *WHEN A HEALTHCARE PROFESSIONAL IS A PATIENT OR PATIENT RELATIVE*

Maja Ebert Moltara

Bolnikovi bližnji, to so sorodniki, družina, prijatelji, znanci, sosodje oziroma osebe, ki so pomembni zaradi odnosa z bolnikom ali nudenja pomoči in sodelovanja v oskrbi lahko živijo z bolnikom, v bližini ali so oddaljeni. Ne glede na to, kje se nahajajo, imajo vpliv na njegovo oskrbo, ki ga določa predvsem oseben odnos. Njihove vloge v obravnavi so lahko številne: spremljevalec, negovalec, administrator, voznik, varuh bolnikovih pravic, trener, zagovornik, koordinator, organizator lahko pa delujejo tudi kot zdravstveni delavec, če imajo tako izobrazbo.

V družinah, kjer se oskrbuje hudo bolnega, se pojavijo spremenjene vloge v družini, motnje v načinu življenja, delovanju družine, spremembi odnosov in občutkov, pomislekov glede lastne poklicne obremenjenosti in odgovornosti. Iz raziskav vemo, da je kar 72 % bolnikovih bližnjih vključenih v zdravstveno negovalno oskrbo bolnikov z rakom in 43 % od njih ni bilo o tem nikoli poučenih. Kadar gre za bolnikove bližnje, ki so zdravstveni delavci, pa se lahko celo zmotno pričakuje, da to znanje in veščine imajo, a to ni vedno res. In tudi če to znanje imajo, je to znanje lahko zaradi čustvenih povezav in izkušenj včasih lahko okrnjeno. Skupina bolnikov, ki so sami zdravstveni delavci ali svojci hudo obolelih, ki so zdravstveni delavci imajo zato specifične potrebe.

V predavanju bomo prikazali pregled literature, ki jo je zelo malo, in analizo naših podatkov med leti 2021 do 2023. Iz vsakodnevne prakse namreč vemo, da imajo družine zdravstvenih delavcev nekoliko drugačne potrebe, ki pa jih je temu primerno potrebno navsloviti in ubesediti.

The patient's loved ones, i.e. relatives, family, friends, acquaintances, neighbors, or persons who are important because of the relationship with the patient or offering help and participation in care, can live with the patient, be nearby or be far away. Regardless of where they are located, they have an impact on his care, which is primarily determined by personal relationships. Their roles in the treatment can be many: companion, carer, administrator, driver, guardian of the patient's rights, trainer, advocate, coordinator, organizer, but they can also act as a health worker if they have such an education.

In families where a seriously ill person is cared for, changed roles in the family, disturbances in the way of life, family functioning, changes in attitudes and feelings, concerns about one's own professional workload and responsibility appear. We know from research that as much as 72% of the patient's relatives are involved in the nursing care of cancer patients and 43% of them have never been taught about it. When it comes to the patient's relatives, who are medical professionals, it can even be erroneously expected that they have this knowledge and skills, but this is not always true. And even if they have that knowledge, that knowledge can sometimes be tainted by emotional connections and experiences. A group of patients who are themselves health workers or relatives of seriously ill people who are health workers therefore have specific needs.

In the lecture, we will present an overview of the literature, which is very scarce on this topic, and a small analysis of our data and our experiences from 2021 to 2023. We know from everyday practice that the families of healthcare workers have somewhat different needs, that need to be addressed appropriately.