

BÖLÜM 11

CERRAHİ YOĞUN BAKIM ÜNİTELERİNDE HEMŞİRELERİN MERHAMET YORGUNLUĞU VE ÖNLEME STRATEJİLERİ

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GİRİŞ

Merhamet yorgunluğu, cerrahi yoğun bakım ünitelerinde çalışan hemşireler için hem mesleki tükenmişlik riskini artıran hem de hasta bakım kalitesini olumsuz yönde etkileyen önemli bir sorundur. Yoğun stres, duygusal yük ve sürekli olarak kritik hasta bakımıyla karşı karşıya kalmak, hemşirelerin zamanla empati düzeylerinin azalmasına ve duygusal tükenmişlik yaşamalarına neden olabilmektedir. Oysa merhamet, hemşirelik mesleğinin temel değerlerinden biri olup, nitelikli ve insana saygılı bir sağlık hizmeti sunumunun vazgeçilmez unsurudur. Bunun temel gerekçesi, merhamet duygusunun hemşireler için hasta veya sağlıklı bireylere bakım verirken itici bir güç olmasıdır. Hemşireler, bu motivasyon sayesinde hasta bakımını etik ilkelere uygun olarak sunabilirler (1). Merhamet yorgunluğu hemşirelerin genel durumu ciddi olan hastalara bakım verirken yaşadığı fiziksel, ruhsal ve duygusal tükenmişlik durumudur (2, 3).

Yoğun bakım ünitelerinde çalışan hemşirelerde merhamet yorgunluğu ciddi bir problemdir. Özellikle cerrahi yoğun bakım üniteleri, ameliyat sonrası dönemde durumu stabil olmayan hastaların kabul edildiği ortamlar olarak hizmet vermektedir. Cerrahi yoğun bakım ünitelerinde yüksek riskli hastaların varlığı, ameliyatla ilgili komplikasyonların ortaya çıkması, yoğun bakım ve izleme gerekliliği, hemşirelerin başa çıkma mekanizmalarını etkileyebilmektedir (4). Üçüncüoğlu ve arkadaşlarının yaptığı çalışmada cerrahi yoğun bakım hemşirelerinde merhamet yorgunluğunun yüksek olduğunu tespit edilmiştir (1).

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yaşam kalitesi artırılabilir hem de hasta güvenliği ve bakım kalitesi sürdürülebilir şekilde iyileştirilebilecektir.

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