

13. BÖLÜM

KİŞİSELLEŞTİRİLMİŞ HEMŞİRELİK BAKIMI



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GİRİŞ

İnsanların temel gereksinimlerinin bir başka kişi ya da grup tarafından, bireyin yaşamını insanca sürdürmesi ve geliştirmesi amacı ile desteklenmesi bakım olarak adlandırılmaktadır ⁽¹⁾. Hemşireliğin odağında insan ve bakım yer alır ve bilimsel, etik, estetik, profesyonel bir kişiler arası süreç olarak ele alınmaktadır ^(2,3).

Günümüzde, hemşirelik bakımının uygulanmasında, hastanın bağımsızlığına yönelik olarak özelleşmeyi göz ardı eden, standartlaştırılmış protokollerden yararlanma durumu oldukça artmıştır. Ancak hemşireler, bakımını üstlendikleri hastaların bireyselliğini ve otonomisini göz önünde bulundurup saygı duymak zorundadır ⁽⁴⁾. Kişiselleştirilmiş bakım; hasta ve ailesinin gereksinimlerini hasta ve ailesinin değerlerini, kültürel geçmişlerini ve inançlarını göz önünde alarak, hasta ile işbirliği halinde ve saygılı bir şekilde sunulması olarak tanımlanmaktadır ^(5,6). Kişiselleştirilmiş bir girişim, daha çok hasta-hemşire etkileşiminin sonucu olarak gelişmektedir ⁽⁵⁾. Dolayısıyla hemşirenin hastayı da dahil ederek bakım vermesi; sağlık bakımının kalitesini ve güvenliğini arttırmakta, hasta otonomisini arttırmakta, hastalık yönetimini sağlamakta, anksiyeteyi azaltmakta, hasta ve ailesinin memnuniyetini ve hastanın yaşam kalitesini arttırmakta, sağlık bakım hizmetlerinin kullanımını azaltarak maliyeti azaltmaya katkıda bulunmaktadır⁽⁷⁻¹⁰⁾.

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