Introduction: Quality of life is a long-term goal in nursing care. Nursing care in improving the quality of life should focus not only on physical aspects, but especially on support to return to everyday life, managing daily activities, at least to the extent that the patient has been able to handle them before staying at hospital.

Methodology: The aim of the work was to evaluate the quality of life of patients before and after staying in ICU with a focus on patients after acute surgery associated with intestinal resection. The research sample consisted of patients who underwent acute surgery associated with intestinal resection and ICU staying. Quality of life was assessed before hospitalization and 3 months after discharging from the ICU. We have chosen SOFA, APACHE scoring systems to obtain data. The quality of life before hospitalization was evaluated by SF-36 and ADL, IADL questionnaires for daily activities. In the ICU discharge, the patients completed HADS (anxiety, depression), MAF (fatigue) questionnaires, 6-minute walk and sit / stand test. After the third month of convalescence, patients completed questionnaires: SF-36, IADL, ADL, HADS, MAF and 6. minute walk and sit / stand test.

Results: 38 patients were evaluated. We found a significant difference in the development of all observed life spheres during the 3. month convalescence. Mental, pain and physical activity were most affected by acute illness and hospitalization. Within 3 months, all of the areas under review improved, but did not reach the level before hospitalization. For example, the area of physical pain improved by 60% in men after acute operation, and 43% in men after vital operation. There was also an improvement in the mental area. Male depression with stoma decreased by 54%, in men without stoma decreased by 82%, anxiety by 59%. Women with stoma were anxiety 63% less. The most significant is the development of physical fitness, after 3 months there is a sharp improvement in both physical tests performed in men and women.

Conclusion and recommendation: During the 3 months, the participants in the research improved their quality of life in all the monitored areas, but did not reach the pre-hospital level. Therefore, on the basis of the data collected, it is necessary to ensure sufficient interventions to enable patients to return to normal life more superior and easily.

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keywords: quality of life, intensive care, stoma, PICS

ABSTRACT

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