

## Abstract

The Bachelor's thesis deals with the topic "Intermittent bladder catheterisation in paraplegics". I divided it into a theoretical and empirical part. The theoretical part of the thesis concerns the spine physiology, medical consequences and complications of spinal cord lesions, nursing care of paraplegics and quadriplegics, and urology care of patients suffering from spinal cord injuries. Another large topic of the thesis is nursing care, focusing on nursing care of patients using the technique of intermittent catheterisation, the applicable legislation and accredited courses for non-medical staff.

The Bachelor's thesis has one main objective and five partial ones. The main objective of the thesis is to ascertain the quality of life of paraplegics with intermittent bladder catheterisation. The partial objectives look into the specific needs of paraplegics with intermittent bladder catheterisation in five areas. The first two areas concern their nutritive and health care needs, and excretion needs. Another objective looks into the particularity of sleeping needs, resting needs, and the importance of active movement and exercise. The fourth objective is supposed to map out the matter of self-respect, sexuality, and managing stressful situations. The last objective deals with the importance of life values and belief.

For the empirical part I performed qualitative investigation, involving a semi-structured interview as the data collection technique. The interviews with three clients were processed, of which each client uses long-term intermittent catheterisation. It became clear from the interviews that each of the respondents uses the method of Clean Intermittent Catheterization for urine excretion, by means of catheters manufactured by Coloplast, and believes that the limit of five catheters per day, paid by the insurance companies, is insufficient. Other important findings are that the respondents who use the method of intermittent catheterisation suffer much less from urinary tract infections.

Based on the findings from the interview I have created an educational process of intermittent catheterisation that may help to make patient education easier.

Key words: Intermittent catheterisation, a nurse, urinal infection, patient education, patient quality of life, paraplegia, self-catheterisation

