

HOLISTIČKI PRISTUP U ZDRAVSTVENOJ NEZI OSOBA SA DEPRESIJOM

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SAŽETAK

Depresija je poremećaj raspoloženja koji se karakteriše prisustvom bezrazložne tuge, usamljenosti i beznađa. Radi obezbeđivanja što kvalitetnije nege osoba sa depresijom primenjuje se holistički pristup. Cilj ovog preglednog rada je da sagleda značaj primene holističkog pristupa u zdravstvenoj nezi osoba sa depresijom, kao i značaj sestrinske aktivnosti u destigmatizaciji ovih osoba. U okviru ovog preglednog rada uključena su istraživanja objavljena na engleskom jeziku, a do kojih se došlo na osnovu pretraživanja PUBMED baze podataka, za poslednjih 20 godina, korišćenjem sledećih ključnih reči: holistički pristup, mentalno zdravlje, depresija, zdravstvena nega, medicinske sestre. Veliki broj istraživanja se bavi holističkim pristupom u nezi lica sa depresijom. Holistički pristup predstavlja posmatranje bića kao celine, odnosno predstavlja brigu o čovekom telu, umu i duhu. Potrebe lica sa depresijom po pitanju negu brojne, zbog čega je važno sistematski i planski sagledati njihove potrebe sa holističkog aspekta, a sve u cilju planiranja što adekvatnijih intervencija za njihovo rešavanje ili umanjivanje. Poseban akcenat stavlja se na unapređenje životnih navika – zdrava ishrana, dobar san, svakodnevna fizička aktivnost, kao i na unapređenje socijalnih aspekata života kroz druženje i organizovanje različitih aktivnosti. Edukacijom stanovništva, a posebno mladih, medicinske sestre značajno doprinose u destigmatizaciji lica sa depresijom. Medicinske sestre svoje aktivnosti treba da usmeravaju na primenu holističkog pristupa u nezi i lečenju osoba sa depresijom, prihvatanju dokumentacije procesa zdravstvene nege kao standardne metode u sestrinskom radu koja omogućava potpunu implementaciju holističkog pristupa u zdravstvenoj nezi, sprovođenje istraživanja o značaju primene holističkog pristupa u profesionalnom radu medicinskih sestara, edukaciju budućeg kadra, destigmatizaciju osoba sa depresijom, kao na promociju mentalnog zdravlja.

Ključne reči: holistički pristup, mentalno zdravlje, depresija, zdravstvena nega, medicinske sestre

Uvod

Depresija je mentalni poremećaj koji karakteriše stalni osećaj tuge i gubitak interesovanja za aktivnosti koje inače pričinjavaju zadovoljstvo, a dolazi i do poremećaja sna, apetita i koncentracije. Depresija se javlja kod 5% odraslih u svetu i predstavlja jedan od najčešćih mentalnih poremećaja (1). Ovo oboljenje predstavlja pravu pošast savremenog doba, jer se način života odražava na psihičko zdravlje ljudi. Depresija se u 20-45% slučajeva javlja u sklopu malignih bolesti, 26-34% kod cerebrovaskularnih oboljenja, 33-35% kod hroničnih

stanja, 15-33% kao posledica infarkta miokarda i 40% kao posledica Parkinsonove bolesti (2). Najveći problem je pojava visoke stope samoubistva mladih ljudi, kao posledica depresije.

Holistički pristup je osnovni pristup u sestrinskom radu i od njegove primene u velikoj meri zavisi uspeh u lečenju i zdravstvenoj nezi. Predstavlja posmatranje osobe kao jedne celine, odnosno brigu o čovekovom telu, umu, duhu i emocijama, a sve radi postizanja ravnoteže u svim oblastima života (3-5). To znači da se holističkim pristupom

A HOLISTIC APPROACH IN THE NURSING CARE OF PERSONS WITH DEPRESSION

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SUMMARY

Depression is a mood disorder characterized by the presence of unexplained sadness, loneliness, and hopelessness. In order to ensure the highest possible quality of care for patients with depression, a holistic approach is applied. The aim of this review was to assess the importance of applying a holistic approach in the nursing care of patients with depression, as well as nursing activities in the destigmatization of these persons. This review includes research published in English, based on the search of the PUBMED database, for the last 20 years, using the following keywords: holistic approach, mental health, depression, health care, nurses. A large number of studies deal with a holistic approach in the nursing care of people with depression. The holistic approach represents the observation of the being as a whole, care for the human body, mind and spirit. The care needs of persons with depression are numerous, and therefore, it is important to plan and systematically assess their needs from a holistic aspect in order to plan the most adequate interventions to solve or reduce them. A special emphasis is placed on improving the lifestyle – healthy diet, good sleep, daily physical activity, as well as on improving social life aspects through socializing and organizing various activities. Nurses make a significant contribution to destigmatization, by educating the population, especially young people. Nurses should focus their activities on applying the holistic approach in the health care and treatment of patients with depression, accepting the documenting of health care process as a standard method in nurses' work which ensures the complete implementation of a holistic approach to health care, conducting research on the significance of implementing a holistic approach in the professional nurses' work, educating the future personnel, destigmatizing the patients with depression, as well as on mental health promotion.

Key words: holistic approach, mental health, depression, nursing care, nurses

Introduction

Depression is a mental health condition that is characterized by a constant feeling of sadness and loss of interest in activities that normally give pleasure, as well as disturbances related to sleep, appetite and concentration. Depression occurs in 5% of adults in the world and it represents one of the most common mental disorders (1). This disease is a real scourge of the contemporary time, because modern lifestyle affects mental health. Depression occurs in 20-45% of cases as part of malignant diseases, 26-34% in cerebrovascular diseases, 33-35% in chronic conditions, 15-33% as

a consequence of myocardial infarction, and 40% as a consequence of Parkinson's disease (2). The biggest problem is the emergence of a high rate of suicide among young people, as a consequence of depression.

A holistic approach is the basic approach in nurses' work and the success of treatment and health care largely depend on its application. It means that a person is observed as a whole, which includes the care of human body, mind, spirit and emotions, which is aimed at achieving balance in all fields of life (3-5). Thus, a holistic approach

sprovodi: ostvarivanje fizičkog, mentalnog, emocionalnog, socijalnog i duhovnog zdravlja istovremeno; promene načina života ka zdravim životnim stilovima; primena prirodne terapije; podsticanje pacijenata da aktivno učestvuju u rešavanju svojih zdravstvenih problema kroz donošenje odluka po pitanju lečenja itd. (4,5). Takođe, holistički pristup podrazumeva stalno unapređenje znanja kroz različite vidove edukacije, osposobljavanje za samopomoć, zalaganje i promene u načinu života koje promovišu bolje zdravlje, kao što su zdrava ishrana, fizička aktivnost, dobar san, borba protiv stresa i ostvarivanje podrške u vezi sa bolešću (4). Nasuprot holističkom pristupu zdravlju, koji se ponekad naziva integrativna medicina ili zdravlje cele osobe, konvencionalna medicina se fokusira prvenstveno na fizičke simptome bolesti, veoma često ne uzimajući u obzir ostale dimenzije zdravlja.

Holistički pristup, takođe, obezbeđuje sagledavanje svakog aspekta čovekovog bića i otkriva uzroke nastanka oboljenja, ali i načine na koje se bolest može lečiti ili tegobe redukovati radi unapređenja kvaliteta života. Zdrava osoba se može smatrati zdravom samo onda kada je njeno telo u potpunom blagostanju i kada su telo, um i duh u potpunoj ranoteži (3). Kroz holistički pristup pronalazi se veza depresije sa brojnim drugim oboljenjima, što potvrđuje kompleksnost pri pružanju zdravstvenih usluga ovim pacijentima. Okosnicu savremenog sestrinstva predstavlja holistički pristup nezi (6). Ovaj pristup zahteva visoku stručnost, sposobnost da se proceni celokupno zdravstveno stanje pacijenta, veliki obim veština zdravstvene nege koje se primenjuju u svrhu rešavanja ili umanjivanja bolesnikovih aktuelnih ili preveniranja potencijalnih zdravstvenih problema (7). Medicinska sestra treba da ima razumevanje, strpljenje, empatiju, pronicljivost i dobro rasuđivanje, kako bi mogla da sagleda zdravlje pacijenta u celini da bi mu pružila odgovarajuću negu, podršku i terapiju.

Depresija izaziva poremećaj i u telu, duhu i umu čoveka te je važno da se otkrije na koje načine je svaki deo zdravlja narušen i kako se to može lečiti. Cilj ovog preglednog rada je da se sagleda značaj primene holističkog pristupa u zdravstvenoj nezi osoba sa depresijom, kao i značaj sestrinske aktivnosti u destigmatizaciji ovih osoba.

Metode

U okviru ovog preglednog rada uključena su istraživanja objavljena na engleskom jeziku, a do

kojih se došlo na osnovu pretraživanja PUBMED baze podataka, za poslednjih 20 godina, korišćenjem sledećih ključnih reči: holistički pristup, mentalno zdravlje, depresija, zdravstvena nega, medicinske sestre.

Značaj primene holističkog pristupa u nezi i lečenju osoba sa depresijom

U Indiji je 2017. godine sprovedeno istraživanje sa ciljem da se proceni efikasnost primene holističkog grupnog programa promocije zdravlja na obrazovni status, anksioznost i depresiju (8). Studijom je obuhvaćeno po 30 devojaka sa *Dharmawad* Univerziteta u Indiji, a koje su imale neki oblik anksioznosti i depresije. Ispitanice su podeljene u eksperimentalnu i kontrolnu grupu, metodom randomizacije. Nakon tri meseca primene holističkog grupnog programa promocije zdravlja (koji se sastojao od osam sesija: koncept holističkog zdravlja, razumevanje sopstvenog stresa, identifikovanje stresora, kako se reaguje na stres, emocije i blagostanje, ljubav prema sebi, moj rast i moja snaga, moja podrška i mreža i transformacija sebe), primećen je značajan napredak među ispitanicama u eksperimentalnoj grupi u odnosu na kontrolnu. Ispitanice su tokom ova tri meseca naučile kako da prepoznaju simptome svoje bolesti i svoja osećanja, kao i kako da se sa njima suoče. Posmatranje čoveka kroz telo, um i dušu je osnov za bilo kakav napredak u zdravlju i bez tog pristupa teško se može otkriti i rešiti problem.

U Grčkoj, 2018. godine, istraživači *Gerogianni, Kouzoupis i Grapsa*, su došli do rezultata koji su pokazali da se depresija često javlja i u sklopu nekih drugih bolesti i da je zato važno imati holistički pristup u nezi obolelih lica (9). Kada se osoba posmatra kao celina, primećuju se sve pojedinosti u funkcionisanju njegovog tela koje bi mogle da izazovu depresiju. Depresija se često javlja kod pacijenta na hemodijalizi. Pošto postoji narušen telesni aspekt, često dolazi i do narušavanja duševnog i psihičkog, te je od velikog značaja da se u nezi obezbedi holistički pristup. Utvrđeno je da su i drugi činioci, kao što su pothranjenost, kognitivna disfunkcija, bol, poremećaji spavanja, seksualna disfunkcija i nezaposlenost, značajni faktori rizika za razvoj depresije. To znači da se depresija može javiti u sklopu mnogih oboljenja i da je od izuzetne važnosti da medicinske sestre holistički pristupe pacijentu u cilju zbrinjavanja i otklone ili ublaže probleme koji su se javili kao posledica bolesti.

implies the following: achieving physical, mental, emotional, social and spiritual health at the same time; lifestyle is changed towards healthy lifestyles; implementation of natural therapy; encouraging patients to participate actively in solving their health problems through making decisions about treatment, etc. (4,5). Also, a holistic approach implies the constant improvement of knowledge through various types of educational programs, training for self-help, striving for and changes of lifestyle that promote better health, such as healthy eating, physical activity, good sleep, fighting stress and obtaining support related to the disease (4). In contrast to the holistic approach, which is sometimes called integrative medicine or the whole person health, conventional medicine focuses primarily on the physical symptoms of a disease, often not taking into account other dimensions of health.

A holistic approach also ensures realizing all aspects of human being and reveals the causes of a disease, as well as the ways in which the disease can be treated or problems reduced in order to improve the quality of life. A healthy person can be considered healthy only when his body is in complete well-being and when a complete balance between his body, mind and spirit is established (3). Through a holistic approach, the connection between depression and numerous other diseases is found, which confirms the complexity of providing health care services to these patients. The backbone of contemporary nursing is represented by a holistic approach to health care (6). This approach requires high expertise, the ability to assess the patient's overall health condition, and a wide range of health care skills which are implemented with the aim of solving and reducing the patient's current health problems and preventing the possible ones (7). A nurse should have understanding, patience, empathy, discernment and good judgment in order to be able to see the patient's health as a whole in order to give him appropriate care, support and therapy.

Depression causes a disturbance in the human body, spirit and mind, and therefore, it is important to find out in which way is each part of health impaired and how it can be treated. The aim of this review article was to assess the significance of applying the holistic approach in the health care of persons with depression, as

well as the significance of nursing activities in the destigmatization of these persons.

Methods

This review article included research published in the English language, which was obtained by searching the PubMed database for the last twenty years, using the following key words: holistic approach, mental health, depression, health care, nurses.

The significance of applying a holistic approach in the health care and treatment of persons with depression

In 2017, a study was conducted in India, aimed at assessing the efficiency of the application of a holistic group health promotion program related to educational status, anxiety and depression (8). The study included 30 girls from Dharwad University in India, who had some form of anxiety and depression. The participants were divided into experimental and control groups, using the randomization method. After three months of the holistic group health promotion program (consisting of eight sessions: the concept of holistic health, understanding one's own stress, identifying stressors, reaction to stress, emotions and well-being, self-love, my growth and my strength, my support and network and self-transformation), a significant improvement was observed among the participants in the experimental group in comparison to the control group. During these three months, the participants learned how to recognize the symptoms of their disease and their feelings, as well as how to face them. Observing a person through body, mind and soul is the basis for any progress related to health, and without this approach, it is difficult to discover and solve the problem.

In 2018, in Greece, researchers Gerogianni, Kouzoupis and Grapsa came to the results which showed that depression often occurs as part of some other diseases and that is why it is important to apply a holistic approach in the care of patients (9). When a person is observed as a whole, all details related to the functioning of his body that could cause depression are noticed. Depression often occurs in patients undergoing hemodialysis. Since the physical aspect is impaired, it often

U Kini je 2018. godine grupa medicinskih sestara sprovedla randomizirano kliničko ispitivanje. Studijom je obuhvaćeno 40 kardiohirurških pacijenata u postoperativnom periodu koji su podeljeni u eksperimentalnu i kontrolnu grupu (10). Nakon primene holističkog pristupa, u trajanju od 30 do 45 minuta, uočeno je da se kod kardiohirurških pacijenata, koji su činili eksperimentalnu grupu, smanjuju simptomi depresije, stresa i anksioznosti, u odnosu na kontrolnu grupu (koja je bila bez holističkog pristupa). Takođe se navodi da je primena holističkog pristupa jednostavna i da se može primeniti kao komplementarna terapija za ove pacijente. Holistički pristup pacijentima je od velikog značaja, jer utiče na poboljšanje zdravstvenog stanja i pomaže bržem lečenju osoba sa depresijom (10).

Sestrinske aktivnosti u destigmatizaciji pacijenata sa depresijom

Rezultati istraživanja koje su sprovele medicinske sestre u Sjedinjenim Američkim Državama, 2009. godine su ukazali da se aktivnosti medicinske sestre u cilju ostvarivanja destigmatizacije realizuju kroz edukaciju (11). Navodi se da medicinske sestre imaju veliki uticaj na javnost i njihov posao se smatra za jedan od najhumanijih poslova, kao i da njihova reč i stav imaju određenu težinu. Zadaci u destigmatizaciji obuhvataju edukaciju samog obolelog, a zatim porodice i zajednice, kako bi se obolelom unapredio kvalitet života i kako bi se lakše adaptirao na život u zajednici.

Interesantno je istraživanje sprovedeno od strane Kolb i saradnika, objavljeno 2022. godine, koje je pokazalo da osnovi stigma leže u neznanju, predrasudama i lošem ponašanju (diskriminaciji), kao i da medicinske sestre u Sjedinjenim Američkim Državama koje rade u ustanovama za mentalno zdravlje, u poređenju sa medicinskim/hirurškim sestrama, imaju niži nivo stigma prema svojim pacijentima i više znanja (12). Prediktori stigma i znanja su bili specijalnost medicinske sestre, kao i lični kontakt sa metalnim poremećajem (bili lično iskustvo ili iskustvo bliskog prijatelja, člana porodice, dr.).

U Ujedinjenom Kraljevstvu, 2012. godine, rezultati studije sprovedene od strane medicinskih sestara, pokazali su da se aktivnosti zdravstvene nege odnose na edukaciju stanovništva i da je ponašanje i stav medicinskih sestara u radu sa pacijentima od velikog uticaja na pacijente (13). Istaknuto je da

medicinske sestre prilikom rada sa pacijentima sa problemima u mentalnom zdravlju ne smeju imati predrasude o njima, jer sam njihov stav i ponašanje utiče na obolele. Aktivnosti medicinske sestre se baziraju na suočavanju ljudi sa pravim činjenicama o depresiji i na uklanjanju predrasuda. Medicinske sestre ne mogu da preokrenu socijalni fenomen stigme kada su u pitanju osobe sa depresijom, ali mogu da učestvuju u kampanjama za izmenu zakona o mentalnom zdravlju koje će pružiti obolelima bolju poziciju u društvu nego što je to sad. To znači da medicinske sestre treba da budu aktivne učesnice na raznim skupovima i kampanjama i da sarađuju sa brojnim stručnjacima, kako bi efikasno radile na smanjivanju stigmatizacije. Takođe, medicinske sestre mogu smanjiti stigmatu pomoću raznih pomagala, kao što su agitke ili radi-onice, koje će na zanimljiv način upoznati ljude sa depresijom i pokazati im da se sa depresijom može raditi i ostvariti kvalitetan život.

Grupa medicinskih sestara je sprovedla studiju u Turskoj, 2019. godine, da bi se ispitalo prisustvo stigme kod studenata (14). Njihov negativan stav prema osobama sa mentalnim poremećajima je smanjen nakon učestvovanja u programu destigmatizacije. Program destigmatizacije je podrazumevao pored edukacije od strane medicinskih sestara i razgovor sa osobama sa mentalnim poremećajima. Takođe, svoje znanje o destigmatizaciji sticali su kroz različite edukativne filmove. Neophodno je da medicinske sestre, u cilju realizacije destigmatizacije, edukuju mlade da bi izgradili pozitivno mišljenje o osobama sa mentalnim poremećajima.

Studija sprovedena u Ujedinjenom Kraljevstvu, 2019. godine, imala je za cilj da ispita kako lekari i medicinske sestre posmatraju pacijente sa problemima u mentalnom zdravlju i kako se može smanjiti stigmatizacija (15). Rezultati studije pokazuju da je stigma kod zdravstvenih radnika prisutna i da je problem u nedovoljnom broju edukativnih programa. Aktivnosti medicinske sestre treba da budu usmerene na kontinuiranu edukaciju zdravstvenih radnika.

U Sjedinjenim Američkim Državama, 2021. godine, sprovedeno je istraživanje koje je za cilj imalo ispitivanje sestrinske aktivnosti u destigmatizaciji post-porođajne depresije (16). Na osnovu rezultata istraživanja zaključeno je da aktivnosti medicinske sestre treba da budu bazirane na edukaciji trudnica, obolelih od depresije i celokupnog

causes the impairment of mental and psychological aspects, and therefore, it is of great importance to ensure a holistic approach in care. It has been found that other factors, such as malnutrition, cognitive dysfunction, pain, sleep disorders, sexual dysfunction and unemployment are significant risk factors for the development of depression. It means that depression can occur as part of many diseases and that it is extremely important for nurses to approach the patient in a holistic way in order to treat them, eliminate or alleviate the problems that occurred as a result of the disease.

In 2018, in China, a group of nurses conducted a randomized clinical trial. The study included 40 cardiac surgery patients in the postoperative period, who were divided into experimental and control groups (10). After the application of the holistic approach, which lasted 30 to 45 minutes, it was observed that in cardiac surgery patients, who belonged to the experimental group, the symptoms of depression, stress and anxiety were reduced in comparison to the control group (without the holistic approach). It was also stated that the implementation of the holistic approach was simple and could be used as a complementary therapy for these patients. A holistic approach to patients is of great significance because it affects the improvement of the health condition and helps to treat persons with depression faster (10).

Nursing activities in destigmatization of patients with depression

The results of a study, which was conducted by nurses in the United States of America in 2019, indicated that nurses' activities aimed at achieving destigmatization were realized through education (11). It was stated that nurses had a great influence on the public and that their work was considered one of the most humane jobs, and that their word and attitude had weight. Tasks in destigmatization include educating the patient himself, and then the family and community in order to improve the patient's quality of life and to make it easier for him to adapt to life in the community.

An interesting study conducted by Kolb et al., published in 2022, showed that the basis of stigma lies in ignorance, prejudice and bad behavior (discrimination), and that nurses in the United States who work in mental health facilities have a lower level of stigma towards their patients and

more knowledge, than medical/surgical nurses (12). The predictors of stigma and knowledge were the specialty of the nurse, as well as personal contact with a mental disorder (either personal experience or the experience of a close friend, family member, etc.).

In 2012, in the United Kingdom, the results of one study, which was conducted by nurses, showed that health care activities were related to the education of population and that the behavior and attitude of nurses in working with patients had a great impact on patients (13). It was emphasized that nurses, while working with patients with mental health problems, might not exhibit stigmatizing attitudes towards them, because their attitude and behavior affect the patients. Nursing activities are based on helping people face the real facts about depression and on removing the prejudice. Nurses cannot reverse the phenomenon of stigma related to people with depression, but they can participate in campaigns to change laws on mental health, which will give patients a better position in society than they have now. This means that nurses should be active participants in various gatherings and campaigns and cooperate with numerous professionals, in order to effectively work on reducing the stigmatization. Also, nurses can reduce stigma with the help of various interventions, such as leaflets or workshops, which would inform people about depression in an interesting way and show them that it is possible to live and work with depression.

A group of nurses conducted a study in Turkey in 2019 in order to investigate the presence of stigma among students (14). Their negative attitude towards people with mental disorders was reduced after they had participated in the program of destigmatization. The destigmatization program included, in addition to educational program conducted by nurses, talking to people with mental disorders. Also, they acquired their knowledge about destigmatization through various educational films. It is necessary for nurses, in order to achieve destigmatization, to educate young people so that they would build a positive opinion about persons with mental disorders.

A study, which was conducted in the United Kingdom in 2019, whose aim was to examine how doctors and nurses viewed persons with mental health problems and how stigmatization could be

stanovništva. Neophodno je da svi budu upoznati da lica sa depresijom mogu normalno da žive i rade i da to nije razlog za izolovanost. Ovim istraživanjem, takođe se potvrđuje da je edukacija od strane medicinskih sestara neophodna kako bi se smanjila stigmatizacija lica sa depresijom.

Predlog mera aktivnosti medicinskih sestara

Depresija je poremećaj koji predstavlja jedan od vodećih problema u svetu. Svojim delovanjem utiče na život bolesnika i pogađa svaku sferu njegovog bića. Pored toga što se može javiti kao primarno oboljenje, depresija se često javlja u sklopu drugih bolesti što značajno uvećava problem obolele osobe, ali isto tako predstavlja i veliki problem od javno zdravstvenog značaja. Medicinske sestre, kao najbrojniji kadar u sistemu zdravstvene zaštite, imaju izuzetno značajan doprinos u ranom prepoznavanju, lečenju, zdravstvenoj nezi i socijalnoj rehabilitaciji ovih lica. One svoje aktivnosti treba da usmeravaju na: primenu holističkog pristupa u nezi i lečenju osoba sa depresijom; prihvatanje dokumentacije procesa zdravstvene nege kao standardne metode u sestrinskom radu koja omogućava potpunu implementaciju holističkog pristupa u zdravstvenoj nezi; sprovođenje istraživanja u ovoj oblasti kroz dokumentaciju procesa zdravstvene nege u cilju upoznavanja stručne javnosti o značaju primene holističkog pristupa u profesionalnom radu medicinskih sestara; edukaciju mlađih koleginica o načinima komunikacije sa licima sa mentalnim smetnjama, kako bi na adekvatan način prenele informacije i dale doprinos u smanjenju stigme; destigmatizaciju osoba sa depresijom i razvijanje pozitivnog stava prema licima sa mentalnim smetnjama kroz sva tri nivoa zdravstvene zaštite (primarnom, sekundarnom i tercijarnom); promociju mentalnog zdravlja kroz multisektorsku saradnju i učešće u raznim kampanjama koje su usmerene na smanjenje i otklanjanje negativnih predrasuda.

Zaključak

Holistički pristup je osnovni sestrinski pristup i od njegove primene u velikoj meri zavisi uspeh u lečenju i zdravstvenoj nezi. Važno je da se čovek posmatra u celini i da se zbrine ne samo na telesnom, već i na duševnom i psihičkom nivou. Kroz holistički pristup pronalazi se veza depresije sa broj-

nim drugim oboljenjima, što ukazuje na moguću kompleksnost u pružanju zdravstvenih usluga ovim pacijentima.

Aktivnosti medicinske sestre u destigmatizaciji bolesnika sa depresijom realizuju se kroz edukaciji stanovništva i određenih lako dostupnih ciljnih grupa (mladi, trudnice, itd.). Medicinske sestre treba da upoznaju osobe sa depresijom kako da žive sa bolešću u cilju poboljšanja kvaliteta života, ali isto tako treba da edukuju porodicu i okruženje da ovim osobama pruže podršku, a posebno da odbace loše predrasude o licima sa depresijom.

Konflikt interesa

Autori su izjavili da nema konflikta interesa.

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reduced (15). The results of the study showed that stigma was present among healthcare workers and that the problem was the insufficient number of educational programs. Nursing activities should focus on the continuous education of healthcare workers.

In 2021, a study was conducted in the United States of America, whose aim was to examine nursing activities in the destigmatization of postpartum depression (16). Based on the research results, it was concluded that nurses' activities should be based on educating pregnant women, patients affected by depression and the whole population. It is necessary for everyone to be aware that persons with depression can live and work normally and that this is not a reason for isolation. This study also confirmed that education conducted by nurses is necessary to reduce stigmatization of people with depression.

Proposed measures of nurses' activities

Depression is a condition that is one of the leading problems in the world. It affects the patient's life and every sphere of his being. In addition to the fact that it occurs as a primary disease, depression often occurs as part of other diseases, which significantly increases the problem of the affected person, but also represents a major problem of public health importance. Nurses, as the most numerous personnel in the health care system, make an extremely significant contribution to the early recognition, treatment, health care and social rehabilitation of these persons. They should focus their activities on: applying the holistic approach to care and treatment of persons with depression; accepting the documenting of the health care process as a standard method in nursing work that enables the full implementation of a holistic approach in health care; conducting research in this field by documenting the health care process aimed at informing the professional public about the importance of applying the holistic approach in the professional nurses' work; educating younger colleagues about the ways of communication with persons with mental health disorders, in order to convey information in an adequate way and contribute to reducing stigma; destigmatizing persons with depression and developing a positive attitude towards persons with mental health disorders through all

three levels of health care (primary, secondary and tertiary); promoting mental health through multisector collaborations and participation in various campaigns that are aimed at reducing and removing the negative prejudice.

Conclusion

A holistic approach is a basic nursing approach and the success of treatment and health care largely depend on its application. It is important to observe a person as a whole and to provide care not only at the physical level, but also at the mental and psychological level. Through a holistic approach, the connection between depression and numerous other diseases is found, which indicates the possible complexity in the provision of health services to these patients.

Nurses' activities in destigmatizing patients with depression are realized through education of the population and certain easily accessible target groups (young people, pregnant women, etc.). Nurses should inform people about depression, how to live with the disease in order to improve the quality of life, but they should also educate the family and the environment to provide support to these people, and especially to reject the bad prejudice about people with depression.

Competing interests

The author declared no competing interests.

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