

PROCENA ZDRAVLJA I ZDRAVSTVENIH POTREBA ODRASLE POPULACIJE NA KOSOVU I METOHIJI

ASSESSMENT OF HEALTH NEEDS OF THE ADULT POPULATION IN KOSOVO AND METOHIJA

Milošević Jovana¹, Mirković Momčilo¹ Slađana Đurić¹

¹ Medicinski fakultet u Prištini-Kosovska Mitrovica, Katedra za preventivnu medicinu, Kosovska Mitrovica, Srbija

SAŽETAK

Uvod: Procena zdravstvenog stanja stanovništva sa identifikacijom zdravstvenih potreba je prvi korak u ostvarivanju centralnog cilja svih razvojnih strategija - zaštite i unapređenja zdravlja.

Cilj rada: Glavni cilj ovog ispitivanja zdravlja bio je da se, na osnovu podataka dobijenih upitnikom, proceni zdravstveno stanje i zdravstvene potrebe odraslog stanovništva u srpskim sredinama na Kosovu i Metohiji.

Metode rada: Za prikupljanje podataka korišćen je upitnik za odrasle osobe, dizajniran u skladu sa preporukama EUROSTAT-a za sprovođenje istraživanja zdravlja stanovništva, prema Metodološkom uputstvu Evropskog istraživanja zdravlja, drugi talas.

Rezultati: Anketirano je 1067 osoba (51,5% žena). Dve trećine ispitanika (71,2%) smatralo je da je dobrog zdravlja (dobro i veoma dobro), 23,6% osrednjeg zdravlja, dok 5,2% ispitanika svoje zdravlje je ocenilo kao loše i veoma loše. Pozitivniju sliku o zdravlju imali su muškarci u odnosu na žene, mlađe osobe, sa višim i visokim obrazovanjem. Svoje zdravlje kao loše ili veoma loše statistički značajno češće su ocenjivali stanovnici južno od reke Ibar (12,7%) u odnosu na stanovnike severno od te reke (9,1%). Kao prediktori samoprocene zdravlja izdvojili su se starija životna dob, prisustvo telesnog bola, postojanje neke od hroničnih nezaznih bolesti, viši skor depresije, propisani lekovi u predhodne dve nedelje, povremeno ili nerazmišljanje o zdravlju pri izboru hrane, nedostatak bliskih osoba kao oslonca. Postojanje nekog zdravstvenog problema ili dugotrajne bolesti potvrdio je svaki četvrti ispitanik (24,3%), a ograničenost u obavljanju svakodnevnih životnih aktivnosti zbog zdravstvenih problema prijavio je skoro svaki treći ispitanik (29,3%). Na osnovu sopstvenog iskaza, 26,3% je prijavilo neku hroničnu bolest, 23% dve ili više. Najčešća bolest bila je hipertenzija (24,6%), koju su češće prijavljivali stanovnici opštine Zubin Potok, između 45 i 64 godine, osnovnog ili nižeg obrazovanja, udovci/ce, nesposobni za rad i domaćice. Izabranog lekara opšte medicine ili pedijatra u državnoj zdravstvenoj ustanovi imalo je dve trećine ispitanika (75,2%), a u privatnoj praksi svaki dvanaesti ispitanik. U godini koja je prethodila istraživanju, svaki deseti ispitanik (10,6%) je bolnički lečen. Zbog zdravstvenih razloga sa posla je odsustvovalo 15,4% ispitanika, češće osobe sa višim i visokim obrazovanjem i osobe starosne kategorije od 56 do 65 godina. Više od polovine ispitanika (60,2% muškaraca i 55,6% žena) je zadovoljno zdravstvenom zaštitom, češće osobe sa višim ili visokim obrazovanjem i stanovnici opštine Štrpce.

Zaključak: Dobijeni rezultati uglavnom se poklapaju sa podacima iz literature, posebno regiona. Značaj ovog istraživanja ogleda se u dobijanju podataka koji su nedostajali i mogu pomoći kreatorima zdravstvene politike prilikom donošenja odluka u pravcu očuvanja i unapređenja zdravlja stanovništva kao i stvaranja što efikasnije zdravstvene službe.

Ključne reči: zdravstveno stanje, zdravstvene potrebe, odraslo stanovništvo, Kosovo i Metohija

ABSTRACT

Introduction: Assessment of the health status of the population by identifying health needs is a step in achieving one of the goals of all development strategies - protection and improvement of health.

Aim: The main goal of this health research was to assess the health status and health needs of the adult population in the Serb communities in Kosovo and Metohija on the basis of the data obtained by the questionnaire.

Method: For data collection, a questionnaire for adults was used, designed in accordance with the recommendations of EUROSTAT for conducting health surveys of the population, according to the Methodological Guidelines of the European Health Research, the second wave.

Results: A total of 1.067 respondents (51.5% women) were interviewed. Two thirds of the respondents (71.2%) declared that they are in good health (good and very good), 23.6% respondents declared that their health were moderate, while 5.2% of the respondents rated their health as bad and very bad. Men had a more positive picture of health compared to women, younger people, with high and higher education. Residents who live south of the Ibar River (12.7%) rated their health as poor or very poor statistically significantly more often than residents north of that river (9.1%). Age, presence of physical pain, existence of some chronic non-communicable diseases, higher grade of depression, prescribed medications in the previous two weeks, occasional or not thinking about health when choosing food, lack of social support were pointed out as predictors of self-assessment of health. The existence of a health problem or long-term illness was confirmed by every fourth respondent (24.3%), and a restriction in performing daily life activities due to health problems was reported by almost every third respondent (29.3%). Based on their own testimony, 26.3% reported a chronic illness, 23% two or more. The most common disease was hypertension (24.6%), which was more frequently reported by residents of Zubin Potok, aged between 45 and 64, primary or lower education, widows, incapable of work and housewives. Two thirds of the respondents (75.2%) had a chosen general practitioner or pediatrician in a state health institution, and in private practice every twelfth respondent. In the year preceding the survey, every tenth respondent was hospitalized (10.6%). Due to health reasons, 15.4% of respondents were absent from work, more often persons with high and higher education and persons aged 56 to 65. More than half of the respondents (60.2% of men and 55.6% of women) are satisfied with the health care, more often people with higher or higher education and residents of the municipality of Štrpce.

Conclusion: The obtained results generally coincide with the data from the literature, especially from the region. The importance of this research is reflected in obtaining the missing data and can help health policy makers in creating decisions in the direction of preserving and improving the health of the population as well as creating the more effective healthcare service.

Key words: health status, health needs, adults, Kosovo and Metohija