Palijativna skrb bolesnika s kroničnim zatajivanjem srca – prikaz slučaja

Palliative care of patients with chronic heart failure – a case report

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KLJUČNE RIJEČI: kronično zatajivanje srca, palijativna skrb.

KEYWORDS: chronic heart failure, palliative care.

CITATION: *Cardiol Croat.* 2014;9(9-10):467.

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Razvoj medicinskih i tehnoloških znanosti znatno je promijenio tijek i ishod liječenja pojedinih bolesti. Produžuje se životni vijek, starenjem stanovništva raste broj teških kroničnih bolesnika, a sve je manji broj članova obitelji koji mogu pomoći oboljelom.

Poznata nam je činjenica da je kronično zatajivanje srca u svijetu, pa tako i u Hrvatskoj vodeći uzroka pobola i smrtnosti. Može se povezati sa starenjem stanovništva te porastom broja teških kroničnih bolesnika i predstavlja veliki javnozdravstveni problem. Ubrajaju se u neonkološke bolesti s pravom na palijativnu skrb.

Palijativna skrb je sveobuhvatna skrb za bolesnika koji boluje od neizlječive bolesti s ciljem ublažavanja boli i patnje, očuvanja dostojanstva bolesnika te osiguranja najveće kvalitete života kako za bolesnika tako i za njegovu obitelj.

Pristup u zdravstvenoj zaštiti ovih bolesnika daje značaj skrbi, minimalnoj tehnologiji, te ulučuje mogućnost da se uvijek nešto može učiniti kroz prevenciju i olakšanje patnje putem ranog prepoznavanja fizičkih, psihosocijalnih i duhovnih potreba kako bolesnika tako i obitelji.

Polazeći od spoznaje da sestrinska skrb za palijativnog bolesnika uključuje razdoblje od prije dijagnosticiranja neizlječive bolesti do nakon smrti bolesnika pomažući obitelji pri žalovanju i imajući u vidu jedinstvenu ulogu medicinske sestre u zdravstvenom timu, potvrđujemo da su sestrinstvo i palijativa prirodni partneri u kliničkoj praksi.

Glavni postulati sestrinske skrbi za palijativnog bolesnika su: afirmiranje života - smrt je sastavni dio života, promoviranje kvalitete života – nije bitna količina, nego kvaliteta, skrb za čovjeka – osobu, potpora obitelji.

Intervencije medicinske sestre usmjerene su na: kontrolu boli i drugih simptoma, emocionalnu i duhovnu potporu, očuvanje dostojanstva, kulturne potrebe, potporu za što aktivniji život bolesnika, održavanje neovisnosti i sprječavanje izolacije, potporu obitelji te etička i pravna pitanja.

U završnoj fazi kroničnog srčanog zatajivanja bolesnik pokazuje obrazac funkcionalnog i fiziološkog propadanja. Česte hospitalizacije, napredovanje bolesti i otpuštanja teškog bolesnika na nastavak liječenja u kući obvezuje medicinske sestre na posebnu pozornost i brigu oko ovih bolesnika. Medicinska sestra na odjelu kardiologije, pišući otpusno pismo zdravstvene njege upućeno patronažnoj sestri potiče i osigurava kontinuitet u skrbi. Kako izgleda skrb za palijativnog bolesnika u Kliničkom bolničkom centru Osijek prezentirat ćemo kroz prikaz slučaja.

The development of medical and technological science has significantly changed the course and outcome of the treatment of certain diseases. Life expectancy has been extended, aging of the population increases the number of serious chronic patients, and there is a fewer number of family members who can help the sick.

We are well aware of the fact that chronic heart failure in the world and so in Croatia as well is the leading cause of morbidity and mortality.

It can be connected with aging of the population and an increase in the number of serious chronic patients and it represents a major public health problem. They are included in non-oncologic diseases eligible to palliative care.

Palliative care is a comprehensive care for a patient suffering from some incurable disease with an aim to alleviate his/her pain and suffering, preserve the dignity of a patient and ensure the highest quality of life both for a patient and the patient's family.

An approach to nursing care of these patients attaches the importance to care, minimal technology and includes the possibility that something can always be done through the prevention and alleviation of suffering by early identification of physical, psychological, social and spiritual needs of both the patient and the family.

Considering the idea that nursing care for a palliative patient includes the period prior to the diagnosis of an incurable disease and the period after the patient's death by helping the family in mourning and bearing in mind the unique role of a nurse in the medical care team, we confirm that nursing and palliative care are natural partners in clinical practice.

The main postulates of nursing care for a palliative patient are: the affirmation of life - death is an integral part of life, promoting the quality of life – it is not quantity that matters, but the quality, care for a man – a person, support to the family.

Interventions of a nurse are focused on: management of pain and other symptoms, emotional and spiritual support, preservation of dignity, cultural needs, support for more active life of a patient as it is possible, maintaining independence and preventing isolation, support to the family, ethical and legal issues.

In the final stage of chronic heart failure, a patient shows a pattern of functional and physiological deterioration. Frequent hospitalization, disease progression and release of a serious patient to home care oblige nurses to pay a special attention to and provide care to these patients. A nurse at the department of cardiology while writing a nursing care discharge letter to a visiting nurse encourages and ensures continuity of care. We shall present what the nursing care for a palliative patient is like at University Hospital Centre Osijek through a case report.

RECEIVED:
September 19, 2014