Aktivnosti Radne skupine medicinskih sestara za njegu bolesnika sa zatajivanjem srca u Sloveniji

Activities of the Working Group of nurses for the care of patients with heart failure in Slovenia

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U Sloveniji je 2010. godine na inicijativu medicinskih sestara koje rade u ambulantama i na odjelima za liječenje bolesnika sa zatajivanjem srca (ZS) osnovana Radna skupina medicinskih sestara za njegu bolesnika sa ZS. Osnivanje Radne skupine proizišlo je iz potrebe za: međusobnim povezivanjem i suradnjom medicinskih sestara, ujednačavanjem sestrinske prakse i terminologije, razmjeni iskustva, inovacije i poboljšanje kvalitete zdravstvene njege bolesnika sa ZS. Grupa djeluje u sklopu Društva medicinskih sestara i medicinskih tehničara u suradnji s Društvom medicinskih sestara i medicinskih tehničara u kardiologiji i angiologiji Slovenije, Komore medicinskih sestara Slovenije. Jednom godišnje Radna skupina u suradnji s Društvom medicinskih sestara i medicinskih tehničara u kardiologiji i angiologiji Slovenije i Radnom skupinom za ZS priprema stručni skup. Teme stručnog skupa su usko vezane za zdravstvenu njegu i liječenje bolesnika sa ZS. Jedna od prioriteta aktivnosti bila je priprema i izrada materijala za provedbu edukacije bolesnika sa ZS. Veliku podršku pri osnivanju, edukaciji sestara i radu Radne skupine pružilo nam je udruženje Slovensko kardiološko društvo i njegova Radna skupina za zatajivanje srca tako da je ove godine snimljen DVD pod nazivom „Kako bolje živjeti sa zatajivanjem srca“. Priprema materijala i snimanje je bilo podržano od farmaceutske tvrtke Servier. Uz razne stručnjake koji su bili uključeni sudjelovale su i medicinske sestre iz četiri slovenske bolnice koje redovito provode zdravstvenu edukaciju bolesnika sa ZS. Medicinske sestre su pripremile i prezentaciju za zdravstvenu edukaciju bolesnika sa ZS koja se koristi u svim slovenskim bolnicama i ambulantama za liječenje ZS. U pripremi nam je glavni cilj bio kvalitetna edukacija bolesnika kako bi aktivno sudjelovali u vlastitom liječenju. Što znači, da je bolesnik svjestan svoje bolesti, da ju prihvati i zna sa njom što kvalitetnije živjeti, da prepozna simptome pogoršanja i zna kako tražiti pomoć kada je to potrebno. Osnova pri pripremi sadržaja za prezentaciju sastojala se od europskih smjernica za liječenje ZS u 2012. i praktične preporuke Odbora za njegu bolesnika u organizaciji Heart Failure Association of the European Society of Cardiology koji je objavljen 2011. godine.^{1,2} Korištena je i druga literatura podržana od strane iskusnih kolega iz Radne skupine medicinskih sestara za zdravstvenu njegu bolesnika sa ZS koji imaju iskustva u višegodišnjem praćenju i provedbi zdravstvene njege bolesnika sa ZS. Također su korišteni materijali Sveučilišne klinike Linköping u Švedskoj, gdje su boravile naše medicinske sestre i upoznale se s radom specijaliziranih medicinskih sestara za njegu bolesnika sa ZS.

In 2010 at the initiative of nurses working in outpatient clinics and departments for the treatment of patients with heart failure (HF), the Working Group of nurses for the care of patients with HF was established in Slovenia. The Working Group was established for the purpose of: connection and cooperation of nurses, standardization of nursing practices and terminology, exchange of experience, innovations, and improvement of the quality of nursing care for patients with HF. The Group operates within the Professional group of nurses and health technicians in Cardiology and Angiology of Slovenia, Nurses and Midwives Association of Slovenia. Once a year, the Working Group in collaboration with the Professional group of nurses and health technicians in Cardiology and Angiology of Slovenia and the Working Group for HF prepares a professional symposium. The topics of the professional symposium are closely related to nursing care and treatment of patients with HF. One of the priority activities was the preparation and production of materials for the implementation of education of patients with HF. Great support in establishing, education of nurses and the Working Group was provided to us by the Slovenian Society of Cardiology and their Working Group for Heart Failure, so that a DVD entitled "How can a patient better live with heart failure" has been recorded this year. Material preparation and recording is supported by the pharmaceutical company Servier. In addition to a variety of experts who were involved, there were also nurses from the four Slovenian hospitals that participated and who regularly conduct health education of patients with HF. Nurses also prepared the presentation for health education of patients with HF, which is used in all Slovenian hospitals and outpatient clinics for the treatment of HF. In preparing it, our main objective was to provide the quality education of patients, so that they can actively participate in their own treatment. It means that the patient is aware of his illness, he is ready to accept it and can live with it in a quality way, can recognize adverse symptoms and knows how to ask for help when he needs it. The basis in preparing the content for the presentation consisted of the European guidelines for the treatment of HF in 2012 and practical recommendation of the Board of Caring for a patient in the organization of Heart Failure Association of the European Society of Cardiology from 2011.^{1,2} Even some other literature supported by the experienced colleagues in the working group of nurses for nursing care of patients with HF who have experience in the long-term monitoring and implementation of nursing care of patients with HF was used. The materials of the Linköping University Clinic in Sweden where our nurses stayed and were introduced to the work of specialized nurses for the care of patients with HF were also used.

LITERATURE

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