Kvaliteta života bolesnika s elektrostimulatorom srca

Quality of life of patients with a pacemaker

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Elektrostimulacija srca jedna je od najdjelotvornijih metoda liječenja u kardiologiji. Trajni elektrostimulator srca sastoji se od baterijskoga generatora, koji je zadužen za stvaranje električnog podražaja i vođenje akcije srca te jedne ili više elektroda preko kojih se podražaj prenosi na atrij i/ili ventrikul. Elektrostimulator se nalazi u metalnom kućištu od titana ili nehrđajućeg čelika, dimenzija oko 5×5 cm i ugrađuje se ispod kože, u gornjem lijevom dijelu prsa ispod ključne kosti, a elektrode se kroz krvne žile uvode u srce. Implantacija elektrostimulatora srca ne spada u teže operacijske zahvate.

Kvaliteta života, koja se može definirati kao percepcija bolesnika o utjecaju bolesti i odgovarajuće terapije na njegovu fizičku i radnu sposobnost, psihološko stanje, socijalnu komunikaciju i somatsko zdravlje se nakon implantacije elektrostimulatora srca znatno povećava. Međutim, elektrostimulatori srca su tehnološki sve savršeniji, indikacije za elektrostimulaciju se proširuju, a broj bolesnika s implantiranim elektrostimulatorom srca raste.

Stvara se nova skupina kardioloških bolesnika koja ima svoje posebnosti, što pred medicinske sestre stavlja nove izazove. Stoga raste i potreba da se medicinske sestre trajno educiraju, prate svjetske trendove u kardiološkoj kliničkoj praksi i stječu nova saznanja. Važno je da medicinska sestra kontinuiranim učenjem stječe i osuvremenjuje svoje sposobnosti, vještine, interese, znanja i kvalifikacije.

Pacing is one of the most effective methods of treatment in cardiology. Permanent pacemaker consists of a battery pack, which is responsible for creating an electrical stimulus and guiding the action of the heart and one or more electrodes through which the stimulus is transmitted to the atrium and/or ventricle. The pacemaker is located in a metal case made of titanium or stainless steel, measuring about 5×5 cm and is implanted under the skin in the upper left part of the chest beneath the collarbone, and the electrodes are guided through the blood vessels into the heart. The implantation of a pacemaker is not considered to be one of more serious surgical procedures.

The quality of life, which can be defined as the perception of a patient about the impact of the disease and appropriate treatment on his physical and working capacity, psychological state, social communication and somatic health, significantly improves after the pacemaker implantation. However, pacemakers technologically get more sophisticated, the indications for pacing are expanding, and the number of patients with implanted pacemakers is rising.

A new group of cardiac patients is being formed, which has its own specific features representing new challenges for nurses. For that reason there is an increasing need for the nurses to take part in continuous education, keep up with global trends in cardiology clinical practice and gain new knowledge. It is important that the nurse undergoes continuous learning process acquiring and improving thus her abilities, skills, interests, knowledge and qualifications.

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