Zdravstvena njega u kardiologiji, umijeće sadašnjosti i izazov budućnosti

Cardiovascular Nursing, the art of the present and challenge of the future

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Poznato nam je da je kardiologija oduvijek bila jedna od najdinamičnijih i najzahtjevnijih dijelova medicine. U posljednja dva desetljeća zahvaljujući boljim dijagnostičkim i terapijskim mogućnostima značajno se promijenio tijek i ishod pojedinih kardiovaskularnih bolesti. Danas se liječenje pojedinih stanja u kardiološkoj kliničkoj praksi provodi na najsuvremeniji način koji moderna medicina poznaje. Sukladno tome, zdravstvena njega kardioloških bolesnika je vrlo zahtjevnja i kompleksna, što dovodi do vrlo dinamičnih, a ponekad i turbulentnih promjena u radu medicinskih sestara. Promjene u pristupu i uvođenje novih postupaka u dijagnostici i liječenju vrlo često ne prati razvoj ostalih resursa. Posebice je nepripremljen resurs upravljanja ljudskim potencijalima u segmentu sestrinstva. Zahtjevima za zdravstvenom njegom u današnjoj kardiološkoj praksi može odgovoriti samo dobro educirana medicinska sestra. Zašto je tome tako možemo pratiti kroz dinamiku promjena u liječenju bolesnika s akutnim infarktom miokarda. Nekada se bolesnik s akutnim infarktom miokarda zbrinjao isključivo u jedinicama intenzivnog liječenja, a uz primjenu konzervativne terapije proces liječenja trajao je nekoliko tjedana. Razvoj intervencijske kardiologije i uspostava mreže za zbrinjavanje bolesnika s akutnim koronarnim sindromom poboljšali su tijek i ishod bolesti te kvaliteta života bolesnika. Međutim, postavili su nove zahtjeve u radu medicinskih sestara, osobito na "hladnim" odjelima. U centrima s intervencijskom kardiologijom povećan je broj prijema bolesnika te se na "hladne" kliničke odjele primaju bolesnici s akutnim infarktom miokarda i drugim medicinskim dijagnozama koje u pravilu zahtijevaju liječenje u intenzivnoj njezi. Odjeli se tehnološki opremaju (monitori, telemetrijsko praćenje, infuzomati i dr.), ali pripremljenost medicinskih sestara vrlo često nije u skladu sa zahtjevima. Broj medicinskih sestara na odjelima nije u skladu sa brojem koji može pružiti potrebnu količinu zdravstvene njege iskazanu u satima za svakog pojedinog bolesnika. Posebno zahtjevnja i kompleksna sestrinska skrb odnosi se na centre u kojima je etablirana transplantacijska kardiologija i terapija mehaničkim suportima srcu. Stoga slobodno možemo reći da je zdravstvena njega u kardiologiji umijeće sadašnjosti, ali i svakodnevno donosi izazove za medicinske sestre.

We know that cardiology has always been one of the most dynamic and demanding branches of medicine. In the last two decades thanks to better diagnostic and therapeutic options, the course and outcome of certain cardiovascular diseases has greatly changed. Today, the treatment of certain cardiac conditions in clinical practice is conducted in the most modern way that modern medicine is familiar with. Accordingly, nursing care of cardiac patients is very demanding and complex causing very dynamic and sometimes turbulent changes in the work of nurses. Changes in the approach to the introduction of new methods in diagnosis and treatment are often not accompanied by the development of other resources. The human resources management is particularly unprepared in the field of nursing. The demands for health care in today's cardiology practice can be well responded to only by a trained nurse. The question as to why it is so can be tracked through the dynamics of changes in the treatment of patients with acute myocardial infarction. Some time ago, a patient with acute myocardial infarction was managed exclusively in intensive care units undergoing conventional therapy, whereas the treatment process lasted for several weeks. The development of interventional cardiology and the establishment of the network for the management of patients with acute coronary syndrome have improved the course and the outcome of the disease and quality of life of patients. However, they set new demands in the work of nurses, especially in the "ordinary" wards. The number of admissions of patients has risen in the centers with interventional cardiology, whereas the patients with acute myocardial infarction and patients with other medical diagnoses typically requiring the treatment in intensive care units are admitted to the "ordinary" clinical wards. The wards are equipped with technological devices (monitors, telemetry monitoring, infusomats etc.), but the preparedness of nurses is often not in line with requirements. The number of nurses in wards does not correspond to the number required for providing the required amount of nursing care indicated in hours for each individual patient. Specifically demanding and complex nursing care refers to the centers where the transplant cardiology and mechanical circulatory support therapy is established. Therefore, we can say that nursing care in cardiology is the art of the present, but also brings challenges for nurses every day.

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