



Sajam zdravlja u Vinkovcima

Health fair in Vinkovci

Mirna Krajina-Adričević
Vinkovci General Hospital

UVinkovcima je od 18. do 20. travnja 2008. godine održan 12. sajam zdravlja. U sklopu sajma održano je niz predavanja na temu praćenja i prevencije kardiovaskularnih rizika, te liječenja kardiovaskularnih i cerebrovaskularnih bolesti, organizacije hitne medicinske pomoći, očuvanja duševnog zdravlja u školskoj populaciji i prevencije rizičnog ponašanja djece.

Simpozij "Regionalizam zdravstvenih rizika u Hrvatskoj — kardiovaskularno zdravlje u Slavoniji" održan je 18. travnja, a započeo je predavanjem prof. dr. **Silvija Vuletića** iz Škole narodnog zdravlja "Andrija Štampar" u Zagrebu. Predstavljeni su rezultati "Hrvatske zdravstvene ankete 2003" (HZA) koja je provedena na reprezentativnom uzorku cijele Hrvatske, a sudjelovalo je 9.070 ispitanika. Cilj istraživanja bio je procjena rizika za razvoj i prevenciju kardiovaskularnih bolesti, te drugih štetnih ponašanja i navika. Usporedbom pojedinih regija pokazano je da među muškim ispitanicima najveći rizik za razvoj kardiovaskularnih bolesti imaju stanovnici županija sjeverozapadne Hrvatske, dok se po stupnju rizika stanovnici Vukovarsko-srijemske županije ne razlikuju bitno od stanovnika županija s juga Hrvatske. U ženskom dijelu populacije, stanovnice istočne Hrvatske nalaze se na 3. mjestu po rizičnosti. Ovaj uzorak populacije pratit će se nadopunjenim

The 12th Health Fair was held from 18th to 20th April 2008. The fair comprised a series of lectures held addressing the topic of monitoring and prevention of cardiovascular risks, treatment of cardiovascular, cerebral and vascular diseases, organization of emergency medical aid, preserving mental health in school population and prevention of risk behavior with children.

The symposium "Regionalism of health risks in Croatia - cardiovascular health in Slavonia" held on 18th April, and was opened by a lecture by Prof **Silvije Vuletić**, MD, PhD from "Andrija Štampar" School of Public Health, Zagreb. The findings by the "Croatian Health Survey 2003" (HZA) conducted on a representative sample of all Croatians throughout Croatia were disclosed, and 9.070 respondents took part in it. The aim of the survey was a risk assessment for the development and prevention of cardiovascular diseases and some other harmful behavior and customs. The comparison of some regions shows that among male respondents the inhabitants in the counties in north-western Croatia are exposed to the biggest risk for development of cardiovascular diseases, while according to risk degree the inhabitants of the Vukovar-Srijem county do not significantly differ from the inhabitants living in the counties in the south of Croatia. Regarding the female population seg-



istraživanjem svakih pet godina, te prema rezultatima oblikovati moguće modele intervencija. **Jasminka Pavić**, vms sa Zdravstvenog veleučilišta u Zagrebu upoznala je sudionike simpozija s načinom provođenja HZA 2003, te ulogom patronažne djelatnosti u primarno-sekundarnoj prevenciji kardiovaskularnih bolesti.

U nastavku je mr. sc. **Mirna Krajina-Andričević** iz Opće bolnice Vinkovci iznijela podatke o zbrinjavanju bolesnika s akutnim infarktom miokarda u Vukovarsko-srijemskoj županiji. Značajno poboljšanje u liječenju navedenih bolesnika donio je projekt Hrvatskog kardiološkog društva, Ministarstva zdravstva i socijalne skrbi Republike Hrvatske "Hrvatska mreža urgentne PCI" u koji se OB Vinkovci uključila u rujnu 2006. godine. Bolesnici iz Vukovarsko-srijemske županije upućuju se na perkutanu koronarnu intervenciju (PCI) u Kliničku bolnicu Osijek. U zadnjih 15 mjeseci u OB Vinkovci liječeno je 214 bolesnika s infarktom miokarda (134 muškarca i 80 žena). Tipično je da su muškarci obolijevali u mlađoj životnoj dobi, dok je u skupini bolesnika starijih od 75 godina bilo više žena. Od ukupno liječenih bolesnika njih 30 zadovoljavalo je kriterije za primarnu PCI i hitno su transportirani u KB Osijek, dok su 64 bolesnika stigla su unutar 3 sata od početka bolova pa su stoga liječeni trombolitičkom terapijom. Ostalih 120 bolesnika nisu imali tipične EKG promjene za akutni infarkt miokarda sa ST-elevacijom ili su stigli prekasno, nakon više od 12 sati od početka bolova, pa su liječeni konzervativno. Naglašena je potreba za boljom edukacijom i opremanjem timova hitne medicinske pomoći, te upoznavanje stanovništva sa simptomima koronarne bolesti kako bi se što ranije javili liječniku i dobili optimalno liječenje. Prim. dr. sc. **Mario Ivanuša** iz Opće bolnice Bjelovar održao je predavanje o organizaciji modernog zbrinjavanja bolesnika s akutnim infarktom miokarda, te na slikovit način prikazao dugotrajan i mukotrpan posao koji je prethodio početku uspješnog zbrinjavanja bolesnika sa područja Bjelovarsko-bilogorske županije.

Cerebrovaskularne bolesti imaju visoku zastupljenost u mortalitetu i morbiditetu u Hrvatskoj, a dosada je njihovo liječenje bilo vrlo konzervativno i slabo učinkovito. Aktivni pristup u liječenju ishemičnog moždanog udara i primjena trombolitičke terapije bila je tema predavanja mr. sc. **Duške Šklebar**, neurologinje iz OB Bjelovar.

Nakon predavanja održan je okrugli stol o mogućnostima unapređenja kardiovaskularnog zdravlja, a moderator diskusije bio je dr. **Aleksandar Džakula**.



ment, the inhabitants of eastern Croatia have taken the 3rd risk position in the scale. This population sample will be monitored by complemented research every 5 years, and according to the results obtained, certain intervention models shall be designed. **Jasminka Pavić**, RN from the Healthcare University in Zagreb made the symposium participants familiar with the manner of implementation of HZA 2003 and with the role of visiting medical services in the primary and secondary prevention of cardiovascular diseases.

Mirna Krajina-Andričević, MD, MS from the Vinkovci General Hospital disclosed the data on providing aid to patients with acute myocardium infarction in the county of Vukovar and Srijem. A significant improvement in treating the above patients has been enabled by the project conducted by the Croatian Cardiac Society, Ministry of Health and Social Care of the Republic of Croatia "Croatian Primary Percutaneous Coronary Intervention Network" which the Vinkovci General Hospital joined in September 2006. The patients from the county of Vukovar and Srijem are sent for percutaneous coronary intervention (PCI) to the Osijek Clinical Hospital. During the last 15 months, 214 patients (134 men and 80 women) with myocardium infarction have been treated in the Vinkovci General Hospital. It is typical that men started suffering from the disease when they were younger, while there were more women in the group of patients over 75. Out of the total number of treated patients, some 30 of them met the criteria for primary PCI and were urgently transported to the Osijek Clinical Hospital, while 64 patients arrived within 3 hours from the onset of symptoms so they were treated with thrombolytic therapy. The remaining 120 patients did not have typically ECG changes for ST-elevation myocardial infarction or they arrived too late, after more than 12 hours from the onset of pains, so they were treated conservatively. We stressed the need for a better education and equipment of emergency medical aid teams, and making the citizens familiar with the symptoms of coronary heart disease as to visit to a physician as soon as possible and undergo the optimum treatment. Prim. **Mario Ivanuša**, MD, PhD from the Bjelovar General Hospital held a lecture on organization of modern way of providing aid to patients with acute myocardium infarction, and in a very transparent way described a long and hard work that preceded an efficient way of providing aid to the patients in the region of county of Bjelovar and Bilogora.

Cerebral and vascular diseases are a major cause of the mortality and morbidity in Croatia, and the treatment has been conservative and slightly efficient so far. An active approach in treatment of ischemic brain stroke and use of thrombolytic therapy was the topic of the lecture by **Duška Šklebar**, MD, MS neurologist from the Bjelovar General Hospital.

Following the lecture, there was a round table organized addressing the topic of a possibility of improving cardiovascular health, and **Aleksandar Džakula**, MD was the moderator of the discussion.

Received: 25th Apr 2008

E-mail: mirna.krajina-andricevic@vk.t-com.hr