

Edukacija kardiopulmonalne reanimacije zdravstvenih djelatnika na razini primarne zdravstvene zaštite

Education of cardiopulmonary resuscitation of health professionals at the level of primary health care

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RECEIVED:
October 24, 2018

ACCEPTED:
November 5, 2018



KLJUČNE RIJEČI: srčani arrest, kardiopulmonalna reanimacija, zdravstveno osoblje.

KEYWORDS: cardiac arrest, cardiopulmonary resuscitation, health personnel.

CITATION: *Cardiol Croat.* 2018;13(11-12):432. | <https://doi.org/10.15836/ccar2018.432>

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Uvod: Iznenađna srčana smrt (ISS) je nagli, neočekivani prestanak rada srca sa smrtnim ishodom unutar jednog sata od početka simptoma. U Europi svake godine otprilike 275.000 ljudi dožive srčani arrest izvan bolnice.¹ Procjenjuje se da otprilike 60% tih osoba umire na licu mjesta. Posljednjih desetljeća veliki javni značaj daje se napretku preživljenja žrtava srčanog arasta i smanjenju ireverzibilnih neuroloških posljedica. U tu se svrhu provode edukaciju o kardiopulmonalnoj reanimaciji (KPR) na brojnim mjestima, te se u zdravstvene ustanove i na mjesta gdje cirkulira veliki broj ljudi postavljaju automatski vanjski defibrilatori (AED).² Još 2010. godine je *American Heart Association* preporučila kontinuirane tečajevе edukacije KPR zdravstvenih djelatnika jednom u dvije godine.³ U Republici Hrvatskoj ne postoji zakonska obaveza kontinuirane edukacije i treninga KPR zdravstvenih djelatnika.

Metode i rezultati: Kardiološki tim pri Domu zdravlja Osijek je u protekle 3 godine tri puta organizirao praktičan tečaj osnovnog održavanja života na lutkama uz upotrebu AED-a u svrhu kontinuirane edukacije KPR i upoznavanja sa radom AED-a. Na tečajevima je dobrovoljno prisustvovalo 213 zdravstvenih djelatnika Domova zdravlja Osijek i Valpovo, među kojima su bili liječnici, sestre i stomatolozi. Na kraju tečaja polaznici su ispunjavali anonimnu anketu. Rezultati 122 polaznika je bilo u dobnoj skupini 20-40 godina, 21 u dobnoj skupini 40-50 godina, 52 dobne skupine 50-60 godina i 18 starijih od 60 godina. 51 polaznik je imalo radni staž < 5 godina, 57 polaznika 5-15 godina, 59 polaznika 15-30 godina, a 46 polaznika > 30 godina radnog staža. 64 polaznika je prethodno radilo u bolnici, 53 polaznika je tijekom svog radnog vijeka aktivno sudjelovalo u reanimaciji, 80 polaznika je prethodno prošlo neki od tečajeva KPR, a samo 59 ih se prije tečaja smatralo zadovoljavajuće educiranima. Polaznici su tečaj ocijenili izuzetno korisnim te ih se 211 na kraju tečaja izjasnilo da se tečaj reanimacije treba ponavljati prosječno svake dvije godine.

Zaključak: Zdravstveni djelatnici primarne zdravstvene zaštite bi trebali minimalno svake dvije godine ponavljati tečaj KPR u svrhu poboljšanja kvalitete postupka.

Introduction: Sudden cardiac death (SCD) is a sudden, unexpected cardiac arrest with a deadly outcome within one hour from the onset of the symptoms. Every year around 275 000 people in Europe experience out-of-hospital cardiac arrest (OHCA).¹ It is estimated that about 60% of those persons die immediately. In recent decades, great public importance has been given to the progress of survival rates of heart attack victims and the reduction of irreversible neurological consequences. For this purpose, there have been organized cardiopulmonary resuscitation (CPR) courses at numerous places, and automatically external defibrillators (AEDs) have been set in the health-care facilities and in places where a large number of people circulate.² In 2010, the American Heart Association recommended continuing education of CPR for health-care professionals once every two years.³ In the Republic of Croatia there is no statutory obligation of continuous education of CPR for healthcare professional.

Methods and Results: The cardiology team at the Health Center Osijek has organized three times in the past three years practical courses on basic life support at reanimation dolls with the use of an AED for the purpose of continuous CPR education and getting acquainted with AED's work. 213 health professionals from the Health Center Osijek and Valpovo, including physicians, nurses and dentists, attended the courses voluntarily. At the end of the course, the participants filled in an anonymous questionnaire. 122 participants were in the age group 20-40 years, 21 between 40-50 years, 52 in the group 50-60 years and 18 older than 60 years. 51 participants had a working experience <5 years, 57 participants 5-15 years, 59 participants 15-30 years and 46 participants had >30 years of work experience. 64 participants had previously worked in the hospital, 53 participants actively participated in reanimation during their lifetime, 80 participants had previously passed some of the CPR courses, and only 59 of them were considered to be sufficiently educated prior to the course. The participants evaluated the course extremely useful and at the end of the course 211 said that the CPR courses should be repeated on average every 2 years.

Conclusion: Health care professionals of primary health care should repeat the CPR course at least every 2 years in order to improve the quality of the procedure.

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