

Zdravstvena njega bolesnika u obradi sinkope Nursing care in syncope processing

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Sinkopa označava kratkotrajni gubitak svijesti, koji se javlja iznenadno i naglo, s gubitkom posturalnog tonusa, nakon čega dolazi do spontanog oporavka i povratka prijašnjih neuroloških funkcija.¹ Klasična prezentacija bolesnika sa sinkopom je nepomičan i opušten bolesnik, hipotenzivan, blijed, oznojen, hladnih ekstremiteta i slabo palpatornog pulsa te plitkog disanja. U većini slučajeva sinkopa je benigne naravi, međutim kod određenog broja bolesnika sinkopa može ukazivati na ozbiljno, životno ugrožavajuće stanje. U inicijalnoj evaluaciji sinkope neizostavne su anamneza i fizikalni pregled pacijenta. Medicinska sestra sudjeluje u dijagnostičkim i terapijskim metodama, te pruža opću i specijalnu zdravstvenu njegu. Sestrinskim intervencijama i dijagnozama pridonosi uspostavljanju kontrole nad stanjem pacijenta. Kontrolira je li fizička aktivnost dostatna te osigurava mirnu i ugodnu sredinu pacijentu. Medicinska sestra educira bolesnika o bolesti te pomaže u stvaranju uvjeta za kvalitetan život po izlasku iz bolnice.

Syncope means short-term loss of consciousness, which occurs suddenly, with loss of postural tone, resulting in spontaneous recovery and the return of previous neurological functions.¹ The typical presentation of the patient with syncope is a motionless and limp patient, hypotensive, pale, clammy, cold extremities and filiform pulse, and shallow breathing. In most cases syncope is a benign nature, however, with a certain number of syncope patients may indicate a serious, life-threatening condition. Initial evaluation of the syncope is an anamnesis and a physical examination of the patient. The nurse participates in diagnostic and therapeutic methods and provides general and particular health care. Nursing interventions and diagnosis contribute to establishing control over the patient's condition. It controls whether physical activity is sufficient and provides a peaceful and pleasant environment for the patient. The nurse educates patients about illness and helps create the conditions for a quality life after leaving the hospital.

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LITERATURE

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