



Preventivne mjere kod kardiovaskularnih bolesti Preventive measures for cardiovascular diseases

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KLJUČNE RIJEČI: kardiovaskularne bolesti, preventivne mjere.

KEYWORDS: cardiovascular diseases, preventive activities.

CITATION: *Cardiol Croat.* 2018;13(11-12):480. | <https://doi.org/10.15836/ccar.2018.480>

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Kardiovaskularne bolesti su vodeći uzrok smrtnosti u općoj populaciji i drugi vodeći uzrok smrtnosti kod radno aktivne populacije.¹ Zbog trajnih posljedica za zdravlje i radnu sposobnost pojedinca uzrokuje veliko ekonomsko opterećenje zbog troškova liječenja i smanjene produktivnosti te je nužno pojačati preventivne mjere, rano otkrivanje i liječenje bolesti srca i krvnih žila. Primarna prevencija ima važnu ulogu u otkrivanju rizičnih skupina, a sekundarna u poboljšavanju kvalitete života i produženju ukupnog preživljavanja.² Uloga medicinske sestre u provođenju preventivnih mjera je trajna edukacija stanovništva u smjeru promicanja zdravijeg načina života, uklanjanje navika koje utječu na razvoj kardiovaskularnih bolesti, rano otkrivanje osoba s dva ili više čimbenika rizika, rano otkrivanje ishemijske bolesti srca, sprječavanje nastanka ponovnog infarkta redovnim praćenjem bolesnika. Od velike važnosti je poučavanje pojedinaca i skupine zdravstveno prihvatljivom ponašanju, identificiranje i zbrinjavanje visokorizične skupine kao i praćenje stanja bolesnika tijekom dužeg razdoblja (edukacija, potpora, poticanje na redovite kontrole).³ Povodom Svjetskog dana srca koji se obilježava u rujnu Općoj bolnici Dubrovnik u suradnji s Medicinskom školom organizira aktivnosti mjerenja arterijskog tlaka, mjerenja glukoze u krvi, dijeljenje promotivnih materijala i savjetovanja s ciljem promicanja preventivnih mjera.

Cardiovascular diseases are the leading cause of mortality and the second leading cause of mortality in the labor-intensive population.¹ Because of the persistent consequences for the health and work ability of an individual, it causes great economic burden due to cost of treatment and reduced productivity, and it is necessary to strengthen preventive measures, early detection and treatment of heart and blood vessels. Primary prevention plays an important role in detecting risky groups, and secondary in improving the quality of life and extending overall survival.² The role of nurses in the implementation of preventive measures is permanent education of the population to promote a healthier way of life, removal of habit that affects the development of cardiovascular diseases, early detection of persons with two or more risk factors, early detection of ischemic heart disease, prevention of reinfarction by regular patient monitoring. It is of great importance to teach individuals and groups a health-conscious behavior, identify and care for a high-risk group as well as track the patient's condition over a longer period of time (education, support, encouragement to regular control).³ On the occasion of World Heart Day marking the September, General Hospital Dubrovnik in cooperation with the Medical School organizes activities of blood pressure measurement, blood glucose measurements, distribution of promotional materials and counseling with the aim of promoting preventive measures.

RECEIVED:
October 28, 2018

ACCEPTED:
November 5, 2018



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