



Sestrinska skrb bolesnika na mehaničkoj cirkulacijskoj potpori Nursing care for patients on mechanical circulatory support

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Zatajivanje srca (ZS) postaje sve važniji javnozdravstveni problem. Kada optimalna medikamentozna terapija postane nedostatna za liječenje bolesnika sa ZS, preostaju nam dvije metode liječenja: transplantacija srca i mehanička cirkulacijska potpora. Mehanička cirkulacijska potpora (MCS, eng. *mechanical circulatory support*) koristi se kao oblik liječenja bolesnika s uznapredovalim ZS.¹ U liječenju bolesnika s MCS-om uključeni su stručnjaci s različitih područja, inženjeri za razvoj tehnologije, kirurzi, kardiolozi, perfuzionisti, anesteziolozi, te medicinska sestra koja skrbi o bolesnicima te pruža potpunu zdravstvenu skrb. To uključuje primjenu svih dostupnih znanja iz područja sestriinstva u skladu sa kompetencijama medicinski sestara. Zdravstvena skrb bolesnika temelji se na kontinuiranom nadzoru bolesnika i uređaja i popratne aparature. Znanje i rukovanje uređajem omogućuju uočavanje nepovoljnih promjena s ciljem sprečavanja posljedica koje mogu ugroziti život bolesnika. Sestrinska skrb bolesnika s mehaničkim srcem je vrlo zahtjevno područje u sestriinstvu koje zahtjeva kontinuiranu edukaciju, praćenje najnovijih podataka, holistički pristup te profesionalnu suradnju s članovima tima. Redovita procjena, nadzor, praćenje i bilježenje vrijednosti vitalnih znakova, prepoznavanje ranih komplikacija te aseptičan rad glavni su zadaci sestriinske skrbi u bolesnika koji su na mehaničkoj cirkulacijskoj potpori. Edukacija zdravstvenog osoblja, timski rad svih zdravstvenih djelatnika usmjeren je na prepoznavanje problematike, načina liječenja bolesnika i edukacije bolesnika i njegove obitelji. Uloga medicinske sestare je da svojom skrbi pruža podršku prepoznaje i reagira na problematiku, podučava bolesnika i obitelj svim vještinama koje će im pomoći da svladaju poteškoće, prilagode se i prihvate novonastalu situaciju.

Heart failure (HF) becomes an increasingly important public health problem. When optimal therapeutic therapy becomes insufficient for the treatment of patients with HF, only two methods of treatment remain: heart transplantation and mechanical circulatory support. Mechanical circulatory support (MCS) is used as a form of treatment for patients with advanced HF.¹ In the treatment of patients with MCS, experts from different areas, technology engineers, surgeons, cardiologists, perfusionists, anesthesiologists and nurses are involved in health care process. This includes the application of all available knowledge in the area of nursing in accordance with the competences of nurses. Patient health care is based on continuous monitoring of patients and devices and accompanying equipment. Knowledge and handling of the device allows to detect unfavorable changes with the aim of preventing the consequences that may endanger the life of a patient. Nursing care with patients with MCS is very demanding area of nursing care, and requires continuous education, tracking of the latest data, holistic approach, and professional co-operation with team members. Regular assessment, monitoring, monitoring and recording of vital signs, early complication recognition, and aseptic work are the main tasks of nursing care in patients with MCS. The education of health personnel, the teamwork of all health professionals is focused on identifying problems, ways of treating patients and educating patients and their families. The nursing role is to provide support with their care to recognize and relate to the problem, to teach the patient and family all the skills that will help them overcome the difficulties, adapt and accept the new situation.

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LITERATURE

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