

■ Poremećaji srčanog ritma: ekstrasistolije Heart rhythm disorders: extrasystoles

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Električnu provodljivost srca omogućuje impuls koji nastaje u sinusnom čvoru. Normalan rad srca naziva se sinusni ritam.^{1,2} Sinusni ritam znači da srce radi ujednačenim ritmom 60-80 otkucaja u minuti. Svaka promjena (preskakanje, ubrzan ili usporen ritam) koja remeti ujednačen ritam srca naziva se aritmija. Najblaži oblik remećenja ujednačenog ritma srca su ventrikulske ekstrasistole. Radi se o preuranjenoj kontrakciji klijetki, pojava otkucaja srca prije normalnog otkucaja. Kad se takav ektopični otkucaj pojavljuje poslije svakog sinusnog ritma radi se o bigeminiji, ako se javlja poslije dva normalna otkucaja radi se o trigeminiji. Mogu biti asimptomatske, osobe koje imaju simptome navode: osjećaj lepršanja u prsima i nelagodu, preskakanje srca i palpitacije. Dijagnosticiraju se elektrokardiogramom (EKG). Za zdravu populaciju ne predstavljaju opasnost, međutim za ljude koji imaju strukturnu bolest srca mogu biti uvod u malignu aritmiju i čine povećan rizik za iznenadnu srčanu smrt. Uzroci za ove poremećaje srčanog ritma često se ne mogu dokazati, ali najčešći uzroci su: stres, pojačana tjelesna aktivnost, alkohol, nikotin, kofein, visoka temperatura, neki lijekovi za gripu. S obzirom na poznate nam podatke o visokoj zastupljenosti čimbenika rizika u hrvatskoj populaciji (veliki postotak pušača i konzumenata alkohola i sl.) te o podacima Hrvatskog društva ljekarnika o vrlo visokom postotku ljudi koji uzimaju lijekove bez recepta te činjenica da 9.000 Hrvata umire od nagle srčane smrti na godišnjoj razini mišljenja smo da i ove naizgled benigne aritmije zaslužuju veću pažnju. Medicinske sestre kao najbrojniji djelatnici u sustavu zdravstva mogu dati veći doprinos u promociji zdravlja i edukaciji pučanstva o upravljanju zdravim stilom življenja.

An electrical conductivity of the heart is provided by the impulse that occurs in the sinus node. Normal heart rate is called a sinus rhythm.^{1,2} A sinus rhythm means that the heart works at a steady pace of 60 to 80 beats per minute. Any change (skipping, accelerating or slowing down the rhythm) that disturbs the same heart rate is called arrhythmia. Ventricular premature beats are the most common cardiac arrhythmia. It is a premature heartbeat or contraction, where the beat occurs earlier than expected. If there is an ectopic beat after each sinus beat, it is called bigeminy, and if a premature ventricular contraction occurs at intervals of two normal beats to one contraction, it is called trigeminy. They can be asymptomatic but those patients with symptoms express fluttering sensation and discomfort, skipping of the heartbeat and palpitations. They are diagnosed with an electrocardiogram (ECG). For a healthy population they are not a hazard but for people with structural heart disease may be a beginning of malignant arrhythmia and that can increase the risk of sudden cardiac death. Causes of these heart rhythm disorders can often not be proven, but the most common causes are stress, increased body activity, alcohol, nicotine, caffeine, high temperature, and some flu drugs. Considering the known data on the high level of risk factors in the Croatian population (a large percentage of smokers and alcohol consumers) and about the data from the Croatian Society of Pharmacists about a very high percentage of people who are taking drugs without prescription, and the fact that 9000 Croats die of sudden cardiac death per year, we think that these seemingly benign arrhythmias also deserve greater medical attention. Nurses as numerous healthcare professionals can make a bigger contribution to health promotion and education of the population of a healthy lifestyle.

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