

Život sa fibrilacijom atrijske Living with atrial fibrillation

Barica Stanić,
Željka Stojkov*,
Renata Valenčak

Opća bolnica „Dr. Josip
Benčević“, Slavonski Brod,
Hrvatska

General Hospital „Dr. Josip
Benčević“, Slavonski Brod,
Croatia

KLJUČNE RIJEČI: fibrilacija atrijske, informiranost.

KEYWORDS: atrial fibrillation, awareness.

CITATION: *Cardiol Croat.* 2018;13(11-12):509. | <https://doi.org/10.15836/ccar2018.509>

***ADDRESS FOR CORRESPONDENCE:** Željka Stojkov, Opća bolnica „Dr. Josip Benčević“, Andrije Štampara 42, HR-35000 Slavonski Brod, Croatia. / Phone: +385-35-201-201 / E-mail: ledatoma@gmail.com

ORCID: Barica Stanić, <https://orcid.org/0000-0002-9407-5614> • Željka Stojkov, <https://orcid.org/0000-0003-1856-1554>
Renata Valenčak, <https://orcid.org/0000-0001-6323-462x>

Uvod: Fibrilacija atrijske (FA) jedna je od najčešćih srčanih aritmija u kliničkoj praksi.¹ Pretpostavlja se kako u Hrvatskoj oko 1% populacije boluje od nekog oblika FA. Većinom oboljevaju starije osobe, no nerijetko se otkriva i kod mlađih slučajnim snimanjem EKG-a. Kod mlađih ljudi može se pojaviti bez jasnog uzroka, može ju potaknuti pretilost, konzumiranje alkohola, stres i slično. Dobra informiranost bolesnika olakšava tretman same bolesti, ali i pomaže bolesniku da lakše prihvati svoje zdravstveno stanje i mogućnosti liječenja.² Kardiološke medicinske sestre educirane su da bolesnika informiraju o simptomima bolesti, mogućim nuspojavama lijekova, promjeni životnog stila te utjecaju čimbenika rizika na pojavnost bolesti.

Bolesnici i metode: Ovim se istraživanjem želi ispitati informiranost bolesnika o FA, simptomima vezanim za bolest te utjecaju bolesti na kvalitetu života. Također se želi utvrditi povezanost spola, dobi i obrazovanja s informiranosti bolesnika i kvalitetom života. Kao instrument istraživanja korištena je samostalno napravljena anketa s pitanjima o demografskim podacima i pitanjima vezanim uz informiranost o FA, simptomima i duljini trajanja liječenja. Ispitanici su bili bolesnici koji se liječe od FA u OB „Dr. Josip Benčević“ na Odjelu kardiologije i bolesnici na redovitim kardiološkim kontrolama. U istraživanju je sudjelovalo 55 ispitanika.

Rezultati: Prosječna dob bolesnika je bila 67 godina. Većina bolesnika navodi da je dovoljno informirana o mogućim uzrocima bolesti i načinu liječenja, dok su manje informirani o mogućim nuspojavama lijekova i simptomima koji su pokazatelj FA. Žene češće imaju simptome poput slabosti, nesаницe i pojačanog znojenja. Mlađim bolesnicima bolest ne remeti kvalitetu života, dok su obrazovaniji bolesnici bolje informirani o tretmanu bolesti.

Zaključak: Provedeno istraživanje pokazuje kako većina bolesnika ima dobru kvalitetu života. S medicinskog aspekta bolest većina je dovoljno informirana, no potrebna je dodatna edukacija o simptomima i načinu života s bolešću.

Introduction: Atrial fibrillation (AF) is one of the most common types of heart arrhythmia in clinical practice.¹ It is estimated that around 1% of the Croatian population suffer from AF. The majority of the afflicted are older people, though AF is also often found in younger people through ECG tests. It sometimes afflicts younger people without any specific cause, though it is mostly caused by obesity, alcohol consumption, stress and other stimuli. Patient awareness makes it easier to treat the disease, but it also helps the patient accept their condition and the possibility of treatment.² Cardiac nurses are trained to give the patient the necessary information about the symptoms of the disease, potential adverse effects of medication, the need to change their lifestyle, and the effect of risk factors on the manifestation of the disease.

Patients and Methods: The aim of this study is to investigate the awareness of AF, its symptoms and its effects on the quality of life among patients afflicted by the disease. The study also aims to establish a link between the patients' sex, age, and level of education and their awareness and quality of life. The method of the study is an independently created survey with questions on the patients' demographic characteristics, awareness of AF, symptoms and the length of treatment. The examinees are patients suffering from AF receiving treatment at the Department of Cardiology at General Hospital "Dr. Josip Benčević" in Slavonski Brod and undergoing regular cardiologic diagnostics tests. 55 people have taken part in the survey.

Results: The average age of the patients is 67 years. Most patients claim to be well-informed on the potential causes of AF and the treatment of the disease, while they are less aware of potential adverse effects of medication and the symptoms of the disease. Women are more prone to symptoms like nausea, insomnia and excessive sweating. The quality of life of younger patients is not disrupted by the disease. Patients with a higher level of education are more aware of the treatment of the disease.

Conclusion: The study shows that most patients have a high quality of life. The majority have a high level of awareness of the disease from the medical aspect. However, further education on the symptoms of AF and the recommended changes in lifestyle among patients is necessary.

RECEIVED:
October 27, 2018

ACCEPTED:
November 5, 2018



LITERATURE

- Nademanee K, McKenzie J, Kosar E, Schwab M, Sunsaneewitayakul B, Vasavakul T, et al. A new approach for catheter ablation of atrial fibrillation: mapping of the electrophysiologic substrate. *J Am Coll Cardiol.* 2004 Jun 2;43(11):2044-53. <https://doi.org/10.1016/j.jacc.2003.12.054>
- Matić N, Kern J, Matić I. Impact of modern communication technologies in monitoring compliance of patients with chronic disease. *Cardiol Croat.* 2016;11(10-11):589. <https://doi.org/10.15836/ccar2016.589>