




Provođenje mjera kontaktne izolacije kod kardiokirurškog bolesnika Contact isolation policies in a cardiac surgery patient

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KLJUČNE RIJEČI: zdravstvena skrb, kardiokirurški bolesnik.

KEYWORDS: health care, cardiac surgery patient.

CITATION: *Cardiol Croat.* 2018;13(11-12):512. | <https://doi.org/10.15836/ccar2018.512>

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Tijekom i nakon kardiokirurškog operacijskog zahvata te boravka bolesnika u Jedinici intenzivnog liječenja i na Odjelu prisutan je rizik od pojave bolničkih infekcija (infekcija povezana sa zdravstvenom skrbi, engl. *Healthcare Associated Infections*, HCAI). Mogućnost razvoja HCAI kod kardiokirurških bolesnika ovisna je o pojedinim čimbenicima rizika; starija životna dob, kronična opstruktivna bolest pluća, šećerna bolest, imunokopromitiranost, vrsta i trajanje operacijskog zahvata, hitne operacije i operacije s primjenom izvantjelesnog krvotoka, postoperacijsko krvarenje i reoperacije, duljina primjene mehaničke cirkulacijske potpore, trajanje invazivne mehaničke ventilacije, postoperativna primjena vazoaktivnih lijekova i transfuzijskih krvnih derivata, prisutnost kolonizacije ili infekcije.

Neophodna je svakodnevna primjena standardnih mjera zaštite u skrbi za svakog bolesnika, a uključuje primjenu osobnih zaštitnih sredstava, higijenu ruku, sigurno postupanje sa infektivnim otpadom, sigurno postupanje s oštrim predmetima, dekontaminaciju opreme i okoline bolesnika. Uz standardne mjere zaštite važno je naglasiti da postoje i dodatne mjere zaštite koje ovise o načinu prijenosa uzročnika kontaktom, zrakom ili kapljično te se sukladno tome provode mjere izolacije bolesnika, a najčešća je kontaktna izolacija. U pružanju svakodnevne zdravstvene skrbi važno je pravilno provoditi higijenu ruku uz pridržavanje koncepta Mojih pet trenutaka za higijenu ruku prema napatku Svjetske zdravstvene organizacije te primjenu Smjernica za higijenu ruku u zdravstvenim ustanovama.¹ U suzbijanju pojave HCAI važno je pravovremeno prepoznavanje i prevencija bolničkih infekcija kroz provođenje adekvatnih mjera.

During and after the cardiopulmonary surgery and the patient's stay in the intensive care unit and on the ward, there is a risk of developing a healthcare associated infections (HCAI). The possibility of developing HCAI in cardiosurgical patients is dependent on certain risk factors; elderly patients, chronic obstructive pulmonary disease, diabetes mellitus, duration of extracorporeal circulation, duration of invasive mechanical ventilation, long-term use of mechanical circulation support, type and duration of surgical intervention, postoperative admission of vasoactive drugs and transfusion blood derivatives, presence of colonization or infection.

Providing the standard protective measures of care for every patient is necessary, including the use of personal protective equipment, hand hygiene, safe handling of infectious waste, safe handling of the sharp objects, decontamination of the equipment and the patient's surroundings. In addition to the standard protection measures, it is important to emphasize that there are additional protection measures that depend on the transmission of the causative agent by contact, air or drop and accordingly carry out patient isolation measures, and the most common is a contact isolation. In providing everyday health care, it is important to properly carry out the hand hygiene while complying with the concept of My Five Moments for Hand Hygiene according to the World Health Organization guidelines and the application of the Hand Hygiene Guidelines in health care facilities.¹ In preventing the occurrence of HCAI, it is important to recognize and prevent hospital infections through the implementation of adequate measures.

RECEIVED:
October 15, 2018

ACCEPTED:
November 5, 2018



LITERATURE

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