


Od šećerne bolesti do bolesti srca

From diabetes to heart disease

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Centar za dijabetes, endokrinologiju i kardiometabolizam oformljen je 1. veljače 2020. godine. Organiziran je na način da omogućiti vrhunsku skrb endokrinološkim bolesnicima sa šećernom bolesti, bolestima štitnjače, hipofize, nadbubrežnih žlijezda i drugim pridruženim kardiometaboličkim bolestima.

Dana 15. lipnja 2020. pokrenuli smo prvu dijabetološku dnevnu bolnicu, kojoj je cilj grupna edukacija pacijenata o prirodi i samokontroli šećerne bolesti te o eventualnim komplikacijama. Namjera je kroz edukaciju osposobiti bolesnika za samostalno kontroliranje bolesti i suživot s njom. U ovo novo normalno COVID doba naše edukacije provode se isključivo individualno, do 15 minuta uz korištenje zaštitne opreme i distance. Ukoliko je potrebna reedukacija, bolesnika se naručuje za ponovni pregled.

Bolesnici koji su hospitalizirani također su uključeni u naš projekt „Rane detekcije dijabetesa“ kako bi se prepoznali u ranoj fazi bolesti čime bi se spriječile eventualne komplikacije bolesti te posljedično smanjili troškovi liječenja. Prvi u nizu navodimo postavljanje prvog kontinuiranog mjerača glukoze (CGM) i Holter EKG-a na odjelu Kardiološke rehabilitacije 28. svibnja 2020. koji bi detektirao moguću korelaciju glukovarijabilnosti i promjena srčanog ritma kod bolesnika sa šećernom bolesti.

U Thalassoterapiji Opatija imamo tu privilegiju da se svakom bolesniku pristupa individualno u suradnji sa našim multidisciplinarnim timom koji čine magistra sestrinstva, nutricionist, psiholog, neurolog, kardiolog, dermatolog, fizijatri sa fizioterapeutima. Bolesnici će dobiti strukturirani uvid u stanje bolesti, potencijalne komplikacije, predviđeno liječenje te preporučenu tjelesnu aktivnost, a sve s ciljem osiguranja što je moguće veće kvalitete života. Za ambulante bolesnike na kardiološkoj rehabilitaciji, edukaciju nam olakšava „Putovnica za život“ i „Život sa šećernom bolesti“, osmišljene i napisane u Thalassoterapiji Opatija.

Medicinske sestre su možda i najvažniji članovi multidisciplinarnog tima, stoga za kvalitetnu skrb presudna je kontinuirana edukacija u bilo kojem segmentu sustava radi povećanja i osiguranja stručnosti i kompetentnosti, stoga je u dijabetologiji bitno uvijek biti u toku sa najnovijim smjernicama o prehrani, samokontroli (prvenstveno novi CGM uređaji), inzulinske pumpe, GLP-1 lijekove, inzuline i dr., kako bi se ta saznanja mogla prenijeti na bolesnike kroz individualne i grupne terapije.¹⁻³

The Center for Diabetes, Endocrinology and Cardiometabolism was established on February 1, 2020. It is organized in a way to provide superior care to endocrinological patients with diabetes, thyroid, pituitary, adrenal glands and other associated cardiometabolic diseases.

On June 15, 2020, we launched the first diabetology day hospital, which aims at group education of patients about the nature and self-control of diabetes and about possible complications. The intention is to train patients to independently control the disease and coexist with it through education. In this new normal COVID era, our education is conducted exclusively individually, up to 15 minutes with the use of protective equipment and distance. If reeducation is required, the patient is ordered for re-examination.

Patients who are hospitalized are also included in our project Early Detection of Diabetes to identify these patients at an early stage of the disease, which would prevent possible complications of the disease and consequently reduce treatment costs. The first in a series is the installation of the first continuous glucose monitoring (CGM) and Holter ECG at the Cardiac Rehabilitation Department on May 28, 2020, which would detect a possible correlation of glucovariability and changes in heart rhythm in patients with diabetes.

At Thalassotherapy Opatija we have the privilege to approach each patient individually in collaboration with our multidisciplinary team consisting of a Master of Nursing, nutritionist, psychologist, neurologist, cardiologist, dermatologist, physiatrists, and physiotherapists. Patients will receive a structured insight into the condition of the disease, potential complications, planned treatment and recommended physical activity, all with the aim of ensuring the highest possible quality of life for the patient. For outpatients and patients in cardiac rehabilitation, education is facilitated by Passport for Life and Life with Diabetes, designed, and written in Thalassotherapy Opatija.

Nurses are perhaps the most important members of a multidisciplinary team, so continuous education in any segment of the system is crucial for quality care to increase and ensure expertise and competence, so in diabetology it is important to always be up to date with the latest guidelines on nutrition, self-control. CGM devices, insulin pumps, GLP-1 drugs, insulins, etc., so that this knowledge can be transferred to patients through individual and group therapies.¹⁻³

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