

Koliko nam je važna edukacija bolesnika sa zatajivanjem srca?

How important is the education of patients with heart failure to us?

 Helena Lovrenčić,

 Ivana Tomašić*,

 Vesna Slonjšak,

 Ivana Škalec,

 Karolina Keleković

Klinički bolnički centar Sestre milosrdnice, Zagreb, Hrvatska
University Hospital Centre
„Sestre milosrdnice“, Zagreb,
Croatia

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***ADDRESS FOR CORRESPONDENCE:** Ivana Tomašić, Klinički bolnički centar Sestre milosrdnice, Vinogradska cesta 29, HR-10000 Zagreb, Croatia. / Phone: + 385-1- 378-7933 / E-mail: ivana.tomasic@kbcsm.hr

ORCID: Helena Lovrenčić, <https://orcid.org/0000-0003-4014-0860> • Ivana Tomašić, <https://orcid.org/0000-0002-7345-5829>
Vesna Slonjšak, <https://orcid.org/0000-0001-6342-7771> • Ivana Škalec, <https://orcid.org/0000-0002-6001-7889>
Karolina Keleković, <https://orcid.org/0000-0002-5294-9942>

Kronično zatajivanje srca je složeni, obično progresivni klinički sindrom kojeg neovisno o strukturalnoj ili funkcionalnoj bolesti srca obilježava nemogućnost srca da prima ili istiskuje krv i time zadovolji metaboličke potrebe organizma¹. Zatajivanje srca (ZS) najčešće nastaje kao posljedica preboljenog i prekasno liječenog infarkta miokarda, nekontrolirane arterijske hipertenzije, bolesti srčanih zalistaka ili bolesti koje primarno zahvaćaju miokard. Edukacija bolesnika važna je komponenta skrbi o ZS-u i trebala bi se pružati kroz učinkovite i dobro procijenjene strategije. Brojne studije kod bolesnika sa ZS-om pokazale su potrebu za edukacijom². Gotovo sve sestrinske dijagnoze uključuju edukaciju bolesnika ili člana obitelji u planu zdravstvene njege kroz sestrinske intervencije³. Medicinska sestra s bolesnikom provodi najviše vremena i educira ga o važnosti uzimanja terapije, promjene načina života – gubitka težine, ograničenju unosa tekućine, smanjenju soli u prehrani, regulaciji arterijskog tlaka i glukoze u krvi te upravljanju stresom. Recidivi su česti zbog neozbiljnog shvaćanja bolesti te nepridržavanja zdravstvenih uputa. Edukacija o bolesti, pomaže podizanju samopouzdanja, ohrabrujući bolesnike da postanu svjesni svoje bolesti, da učine sve kako bi se usporio tijek bolesti, a time ujedno i smanjili broj hospitalizacija i poboljšali kvalitetu života.

Chronic heart failure is a complex, usually progressive clinical syndrome that, regardless of structural or functional heart disease, is characterized by the inability of the heart to receive or displace blood and thus meet the metabolic needs of the organism¹. Heart failure (HF) most often occurs as a result of a previous and late treatment of myocardial infarction, uncontrolled hypertension, heart valve disease, or myocardial disease. Patient education is an important component of HF care and should be provided through effective and well-assessed strategies. Numerous studies in patients with HF have shown a need for education². Almost all nursing diagnoses involve educating a patient or family member in a health care plan through nursing interventions³. The nurse spends the most time with the patient and educates him about the importance of taking therapy, lifestyle changes - weight loss, limiting fluid intake, reducing salt in the diet, regulating blood pressure and blood glucose, and managing stress. Relapses are common due to a frivolous understanding of the disease and non-compliance with health instructions. Education about the disease helps to raise self-confidence, encouraging patients to become aware of their disease, to do everything to slow down the course of HF and thus reduce the number of hospitalizations, and to improve the quality of life.

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