

Zbrinjavanje bolesnika sa zatajivanjem srca na početku pandemije COVID-19

Management of heart failure patients at the beginning of the COVID-19 pandemic

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Uvod: Zatajivanje srca (ZS) nastaje kao posljedica poremećaja strukture i funkcije srca. Bolest ima veliko javnozdravstveno značenje s prevalencijom od 1-2% u općoj populaciji i javljanjem kod više od 1% do 2% osoba starijih od 70 godina. Zatajivanje srca uzrokom je lošije kvalitete života oboljelih, čestih hospitalizacije te nepovoljnog ishoda bolesti. Cilj ovog istraživanja je ispitati utjecaj pandemije COVID-a 19 na hospitalizaciju bolesnika sa ZS-om.

Bolesnici i metode: U ispitivanju je sudjelovalo 59 ispitanika, 28 (47,5%) žena i 31 (52,5%) muškaraca, koji su liječeni na Zavodu za bolesti srca i krvnih žila Kliničkog bolničkog centra Osijek od 20. ožujka do 1. lipnja 2020. Prosječna životna dob ispitanika bila je 60,9 godina. Za potrebe provođenja istraživanja kreiran je upitnik koji sadrži 7 pitanja o demografskim podacima te pitanja o broju hospitalizacija i znanje o dijagnozi ZS-a.

Rezultati: Prema dobivenim rezultatima, 32 (54,2%) ispitanika dolazi iz grada, 41(69,5%) ispitanika ima srednju stručnu spremu, a njih 50 (84,7%) živi u zajedničkom kućanstvu. Analizom podataka uočeno je da je u vrijeme početka pandemije bilo značajno više bolesnika koji su prvi put hospitalizirani zbog ZS-a - njih 40 (67,8%) u odnosu na broj bolesnike sa ZS-a koji su hospitalizirani 3 i više puta 19 (32,2%).

Zaključak: Edukacija bolesnika o samobrizi i kontroli simptoma¹ za vrijeme ponovljenih hospitalizacija može rezultirati smanjenjem broja hospitalizacija i poboljšanjem kvalitete života.

Introduction: Heart failure (HF) occurs as a result of any structural or functional heart disorder. HF is global health problem with prevalence of 1-2% in the general population and occurring in more than 1% to 2% of people over the age of 70. HF significantly affects the quality of life of patients, frequent hospitalizations and the adverse outcome of the disease. The aim of this study was to examine the impact of the COVID-19 pandemic on hospitalization of patients with heart failure.

Patients and Methods: The study involved 59 patients, 28 (47.5%) women and 31 (52.5%) men, who were treated at The Department of Heart and Blood Vessel Diseases, University Hospital Osijek from March 20 to June 1, 2020. The average age of the subjects was 60.9 years. For the research, we created a questionnaire which contain 7 questions about demographic data, hospitalizations and knowledge about the heart failure.

Results: According to the obtained results, 32 (54.2%) of subjects come from the city, 41 (69.5%) of subjects have a secondary qualification, and 50 (84.7%) live in a common household. Analysis of the data showed that at the time of the onset of the COVID-19 pandemic, there were significantly more patients who were hospitalized for the first time due to HF 40 (67.8%) compared to the number of patients with HF who were hospitalized 3 or more times, 19 (32.2%).

Conclusion: Educating patients about self-care and symptom control¹ during repeated hospitalizations can result in a decrease in the number of hospitalizations and an improvement in quality of life.

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LITERATURE |

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