

Postoperativna sestrinska edukacija kardiokirurških bolesnika

Postoperative nursing education of cardiosurgical patients

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Svaki zdravstveni problem kardiokirurškog bolesnika ima potrebu za adekvatnom i pravodobnom dijagnostikom, liječenjem, zdravstvenom njegom i postoperativnom edukacijom. Napretkom medicine sve se više pažnje posvećuje adekvatnoj edukaciji čime se postiže bolja suradnja zdravstvenih djelatnika i bolesnika. Dokazano je da se time postiže bolji ishod liječenja. Prilikom edukacije sestrinska pažnja je orijentirana prema bolesniku i njegovim potrebama. Medicinska sestra kao član tima svakom bolesniku pristupa holistički.

U radu će se prikazati najčešći kardiokirurški zahvati i prateća postoperativna sestrinska edukacija kardiokirurških bolesnika. Dosadašnja istraživanja su pokazala da adekvatna preoperativna kao i postoperativna edukacija bolesnika ima veliku ulogu u postoperativnom tijeku oporavka.¹ Najčešći zahvati u kardiokirurgiji su zamjena aortnog i mitralnog zaliska te aortokoronarno premoštenje. Također sve češće su transplantacija srca te ugradnja mehaničkog potpornog uređaja. S obzirom na specifičnost i kompleksnost pojedinih zahvata potreban je individualan pristup svakom bolesniku. Edukacijski ciljevi kardiokirurških bolesnika usmjereni su prema održavanju i poboljšanju zdravstvenoga stanja, sprječavanju nastanka komplikacija, skrbi o rani, pridržavanju specifičnih mjera i poboljšanju kvalitete života (osamostaljenje i brzi povratak u obiteljsku i radnu okolinu). Bolesnici nakon kardiokirurške operacije često zahtijevaju doživotnu zdravstvenu skrb. S obzirom na specifičnosti kardiokirurških bolesnika u procesu edukacije potrebno je u najvećoj mjeri uključiti i članove obitelji. Bitna je i podrška, ne samo od strane obitelji, već i od strane radne okoline, a pacijentima nakon transplantacije srca preporučiti sudjelovanje u radu Udruge transplantiranih bolesnika.

Postoperativna edukacija provodi se svakodnevno, usmjerena je na prepoznavanje problematike i prihvaćanju načina liječenja što od strane samog bolesnika tako i od njegove obitelji. Pravovremeni otpust na kućnu njegu za bolesnika je veliko uzbuđenje, muče ih mnoga pitanja koja ih čine nesigurnima, stoga će dobro odrađena postoperativna edukacija bolesniku pružiti mirniji i sigurniji odlazak kući. Također, sestrinska skrb i edukacija ne prestaju u trenutku otpusta, već u slučaju nedoumica bolesnik u svakom trenutku može zatražiti pomoć telefonski.

Every cardiosurgical patient's health problem necessitates adequate and timely diagnosis, treatment, health care, and postoperative education. As medicine advances, more emphasis is placed on adequate patient education, resulting in better collaboration between healthcare professionals and patients. This has been shown to improve treatment outcomes. During education, nursing attention is focused on the patient and his needs. As a team member, the nurse approaches each patient holistically.

The case will present the most common cardiac surgery procedures as well as the associated postoperative nursing education for cardiac surgery patients. Previous research has shown that adequate preoperative and postoperative patient education plays a significant role in the postoperative period of recovery.¹ The most common procedures in cardiac surgery are aortic and mitral valve replacement and coronary artery bypass grafting. Heart transplants and the implantation of a mechanical support device are also becoming more common. Given the specificity and complexity of individual procedures, an individual approach to each patient is required. The educational goals of cardiac surgery patients are to maintain and improve health, prevent complications, care for wounds, adhere to specific measures, and improve quality of life (independence and faster return to family and work environment). Patients who have undergone cardiac surgery are chronic patients who frequently require lifelong health care. Given the unique characteristics of cardiac surgery patients, it is necessary to include family members in the education process. Support is also important, not only from family but also from the workplace, and patients who have received a heart transplant should be encouraged to participate as a member of the Association of Transplant Patients.

Postoperative education is provided daily, with the goal of recognizing the problem and accepting the treatment method by both the patient and his family. Discharge from home care is an exciting time for the patient; they are plagued by many issues that make them feel insecure, so a well-executed postoperative education will provide a calmer and safer discharge. Furthermore, nursing care and education do not end when the patient is discharged; however, if in doubt, the patient can call for assistance at any time.

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