

Duboka venska tromboza – što je novo?

Deep vein thrombosis – what is new?

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Venska tromboza je multifaktorska bolest obilježena nastankom ugruška u dubokim venama ekstremiteta.¹ Postojanje tromba u veni uzrokuje opstrukciju venskog protoka, oštećuje okolno tkivo zbog povišenog venskog tlaka u zahvaćenom području. Time se povećava rizik za pojavu plućne embolije, koja nastaje kao posljedica migracije trombotskog sadržaja u plućnu cirkulaciju. Bolesti vena su izrazito česte u odrasloj populaciji.

Pređeni su podaci o etiopatogenezi, dijagnostici, terapiji i sestrijskoj skrbi. Među poznatim uzrocima duboke venske tromboze su trauma, infekcija, kirurški zahvati, imobilizacija, trudnoća, hormonsko nadomjesno liječenje, kontracepcija, antifosfolipidni sindrom, kardiovaskularne bolesti i srčano popuštanje, maligne bolesti, upalne bolesti crijeva, teške sustavne bolesti te jatrogene vaskularne ozljede. Također mnogi bolesnici sa tromboflebitisom (upalni trombotički proces površinskih vena) imaju prikriveni rizik za duboku vensku trombozu i plućnu emboliju koje imaju visoku stopu smrtnosti.

Venous thrombosis is a multifactorial disease that causes clots to form in the deep veins of the extremities.¹ A thrombus in a vein obstructs venous flow, causing damage to surrounding tissue due to increased venous pressure in the affected area. This raises the risk of pulmonary embolism, which occurs because of thrombotic contents migrating into the pulmonary circulation. Adults are afflicted with a high rate of vein disease.

There is information on etiopathogenesis, diagnosis, therapy, and nursing care. Trauma, infection, surgery, immobilization, pregnancy, hormone replacement therapy, contraception, antiphospholipid syndrome, cardiovascular disease and heart failure, malignancies, inflammatory bowel disease, severe systemic disease, and iatrogenic vascular disease are all known causes of deep vein thrombosis. Furthermore, many patients with thrombophlebitis (an inflammatory thrombotic process of the superficial veins) have an undiagnosed risk of deep vein thrombosis and pulmonary embolism, both of which have a high mortality rate.

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LITERATURE

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