



Premedikacija i lečenje rizičnih pacijenata u stomatologiji

Premedication and treatment of high-risk patients in dentistry

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Apstrakt

Uvod: Već više decenija kardiovaskularne bolesti (bolesti srca i krvnih sudova) su najrasprostranija oboljenja kod ljudi, a po mortalitetu (stepen smrtnosti) su na prvom mestu. Obzirom na njihovu učestalost, sasvim je razumljivo da je tih bolesnika svakim danom sve više i u stomatološkim ordinacijama. Oni predstavljaju značajnu grupaciju rizičnih pacijenata, čije narušeno zdravlje zahteva opreznost i u određenim situacijama poseban tretman prilikom zahvata u usnoj duplji. Brojna su i različito teška oboljenja srca i krvnih sudova. U ovom radu biće reči samo o onim kardiovaskularnim bolesnicima, koji najčešće dolaze kod stomatologa i imaju neku od sledećih bolesti: arterijsku hipertenziju, anginu pectoris i infarkt miokarda. Sa stomatološke tačke gledišta veoma je važno uočiti komplikacije koje mogu nastati u toku rada kod pacijenata sa povišenim krvnim pritiskom, posebno tokom oralno hirurških intervencija. Akutno povećanje krvnog pritiska je najznačajnija komplikacija sa mogućim neželjenim posedicama nastalog stanja. Stres i stanje straha dovode do povećanja lučenja nekih supstanci nadbubrežnih žlezda (tzv. endogeni kateholamini) koji pogoršavaju osnovnu bolest, zatim sastavni deo samog anestetika (egzogeni kateholamin), pa čak i neke protetske faze u kojima se koristi konac za retrakciju gingive, mogu dovesti do naglog skoka krvnog pritiska, sa eventualnim posedicama, istina, izuzetno retkim, kao što su: glavobolja, muka, povraćanje, konfuzija, pa mnogo teže – angina pectoris i još teže – infarkt miokarda, sve do zastoja.

Cilj rada: Ovaj rad ima za cilj da pruži kratak osvrt na postupke i mere koje stomatolog treba da ima u vidu kada zbrinjava pacijente koji imaju neko od kardiovaskularnih oboljenja kao i strah od odlaska kod stomatologa i mere koje primenjuje za smanjivanje straha i bola kod pacijenta, a samim tim olakšati svaku sledeću posetu stomatologu.

Metoda rada: Istraživanje je realizovano u Stomatološkoj službi Doma zdravlja Požarevac u toku 2018. i početkom 2019. god. godine, kroz razne razgovore sa pacijentima, uvidom u medicinsku dokumentaciju kao i kroz lično radno iskustvo.

Rezultati: Upoznavanje sa značajem redovnih poseta stomatologu radi prevencije bolesti zuba i usta. Ozbiljni su problemi sa kojima se stomatolog susreće u lečenju ovih pacijenata, zbog njihovog izraženog straha od odlaska stomatologu. Dobijeni rezultati ukazuju na smanjenje broja pacijenata koji imaju strah usled pojave sve većeg broja anestetika koji se primenjuju, a i pojave da odlazak prvo psihologu i psihijatru nije više bauk.

Abstract

Introduction: For several decades, cardiovascular diseases (heart and blood vessel diseases) have been the most common diseases, and in terms of mortality (mortality rate), they are in the first place. Given their frequency, it is quite understandable that these patients can be seen in dental offices more and more often. They represent a significant group of high-risk patients, whose impaired health requires caution and, in certain situations, special treatment during the dental procedure. There are numerous and severe heart and blood vessel diseases. In this paper, we will talk only about those cardiovascular patients, who most often come to the dentist and have one of the following diseases: arterial hypertension, angina pectoris, and myocardial infarction. From the dentist's point of view, it is very important to notice complications that can occur during work in patients with high blood pressure, especially during oral surgical interventions. An acute increase in blood pressure is the most significant complication with possible unwanted effects of the condition. Stress and fear lead to an increase in the secretion of some adrenal substances (so-called endogenous catecholamines) that worsen the underlying disease, then an integral part of the anesthetic (exogenous catecholamine), and even some prosthetic stages in which suture is used to retract the gingiva might also lead to a sudden jump in blood pressure, with possible consequences such as headache, nausea, vomiting, confusion, and much more severe - angina pectoris and even more severe - myocardial infarction, all the way to stasis.

Aims: This paper aims to provide a brief overview of the procedures and measures that a dentist should keep in mind when caring for patients with any of the cardiovascular diseases as well as the fear of going to the dentist and the measures he uses to reduce fear and pain in the patient. In that way, they facilitate the next visit of the patient.

Methods: The research was realized in the Dental Service of the Health Center Požarevac during 2018 and the beginning of 2019, through various conversations with patients, medical documentation as well as through personal work experience.

Results: Introduction to the importance of regular visits to the dentist for the prevention of dental and oral diseases. The problems that the dentist encounters in the treatment of these patients are serious, due to their pronounced fear of going to the dentist. The obtained results indicate a decrease in the number of patients who are afraid due to the appearance of an increasing number of anesthetics that are used, and also the appearance that going to a psychologist and psychiatrist first is no longer a nightmare.

Zaključak: Savremene mogućnosti suzbijanja bola omogućuju potpuni komfor pacijenta pri stomatološkom zbrinjavanju. Moram da naglasim da ovaj komfor nije bitan zbog toga što pacijenti, u današnjim uslovima, često plaćaju stomatološke usluge pa, stoga, zahtevaju i određene „privilegije”. Komfor u stomatološkoj ordinaciji je prvenstveno bitan zbog zdravstvenih razloga, zbog suzbijanja stresa. Jer, u svesti mnogih ljudi, pojam stomatološke intervencije još uvek asocira na veoma neprijatan i prvenstveno bolan doživljaj, što znači da su oni već pod stresom pri dolasku u stomatološku ordinaciju. Stoga je jedan od osnovnih principa savremene stomatološke prakse suzbijanje i potpuna eliminacija bola koji bi sama intervencija mogla da izazove, a samim tim i suzbijanje stresa.

Conclusion: Modern possibilities of pain control enable complete comfort of the patient during dental care. I must emphasize that this comfort is not only important because patients, in today's conditions, often pay for dental services and, therefore, demand certain benefits. Comfort in the dental office is primarily important for health reasons and to combat stress. Because, in the minds of many people, the notion of dental intervention is still associated with a very unpleasant and painful experience, which means that they are already under stress when they come to the dental office. Therefore, one of the basic principles of modern dental practice is the suppression and complete elimination of pain that the intervention itself could cause, and thus the suppression of stress.