



Procena i tretman hroničnog bola u palijativnom zbrinjavanju

Assessment and Treatment of Chronic Pain in Palliative Care

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Apstrakt

Uvod: Bol je jedan od najvažnijih javnozdravstvenih problema, kako u svetu, tako i kod nas. Uprkos silnom napretku nauke, novim tehnološkim otkrićima i farmakološkim pravcima, bol je i dalje svetski problem. Prema patofiziološkom mehanizmu deli se na: nociceptivni bol – somatski ili visceralni bol, neuropatski bol, mešoviti bol. Prema vremenskom obrascu: akutni bol, hronični bol, probojni (incidentni i epizodni).

Cilj rada: Utvrditi subjektivne doživljaje bola, utvrditi faktore koji utiču na smanjenje, odnosno, pojačanje bola kod obolelih, utvrditi uticaj bola na život obolelih.

Metod rada: Istraživanje je sprovedeno u Opštoj bolnici Požarevac po tipu studije preseka, anketiranjem pacijenata, u periodu od 10. 07. 2020. do 25. 07. 2020. Uzorak u ovom istraživanju činilo je 30 pacijenata, koji su u periodu od 10. 07. 2020. do 25. 07. 2020. hospitalizovani na onkološkom odeljenju.

Rezultati rada: Preko dve trećine pacijenata boluje od malignih bolesti duže od dve godine. Lokalizacija bola je vezana za lokalizaciju tumora. Oboleli najčešće bol opisuju kao iritirajući, uznemiravajući i u vidu trnjenja i žarenja, koji se javlja stalno, tokom dana, noći ili neočekivano.

Zaključak: Kod jedne petine obolelih, u kontroli bola ne pomažu ni farmakološka, ni nefarmakološka sredstva. Najčešći faktori koji utiču na pojačavanje bola su promena položaja i stres. Faktori koji utiču na smanjenje bola su lekovi, promena položaja i odmor. Bol utiče na svakodnevnu aktivnost, raspoloženje, pokretljivost, apetit i spavanje obolelih.

Abstract

Introduction: Pain is one of the most important public health problems both in the world and in our country. Despite the great progress in science, new technological discoveries, and pharmacological directions, pain is still a worldwide problem. According to the pathophysiological mechanism, it is divided into nociceptive pain - somatic or visceral pain, neuropathic pain, and mixed pain. By time pattern: acute pain, chronic pain, breakthrough (incidental and episodic)

Aims of the paper: To determine the subjective experiences of pain, to determine the factors that influence the reduction or increase of pain in patients, and to determine the impact of pain on the life of patients.

Methods: The research was conducted in the General Hospital of Požarevac according to the type of cross-sectional study, by surveying patients, in the period from the 10th of July, 2020 until the 25th of July 2020. The sample in this research consisted of 30 patients, hospitalized in the oncology department in the period from the 10th of July 2020 until the 25th of July 2020.

Results: Over two-thirds of patients suffer from malignant diseases for more than two years. The location of the pain is related to the location of the tumor. Sufferers most often describe the pain as irritating, disturbing, and in the form of tingling and burning, which occurs constantly, during the day, night, or unexpectedly.

Conclusion: In one-fifth of patients, neither pharmacological nor non-pharmacological means help in pain control. The most common factors that influence pain intensification are change of position and stress. Factors that affect pain reduction include medication, changing position, and rest. Pain affects the daily activity, mood, mobility, appetite, and sleep of the sick.