



Opšte i specifične mere prevencije širenja bolesti kovid-19 u stomatološkoj praksi

General and Specific Measures to Prevent the Spread of COVID-19 in Dental Practice

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Apstrakt

Kovid-19 je respiratorna infekcija koja se primarno prenosi kapljičnim putem. Prvi put se pojavljuje u Kini, 31. decembra 2019. godine, a 11. marta 2020. godine proglašena je pandemija. Pandemija je širom sveta, unutar svih segmenata života, donela dosta promena, svakodnevnih izazova sa kojima se suočavamo, pa tako i u oblasti medicine.

Kovid-19 pandemija donela je i potrebu za stvaranje uslova primene „nesvakidašnjih” zahteva, mera i procedura zdravstvenog sistema i medicinskog zbrinjavanja, koje za sobom povlače i određenu reorganizaciju medicinskih intervencija i sistema zbrinjavanja, uključujući i mere obavezne lične zaštite, pridržavanja primerene socijalne distance i svih higijenskih procedura.

Stomatološke sestre svakodnevno su izložene faktorima rizika za sticanje infekcije, ali i za prenošenje infekcije kroz dalji kontakt sa bolesnicima, ostalim osobljem, članovima porodice i poznanicima, čime je omogućeno brže širenje infekcije na opštu populaciju. Kroz zdravstveno-vaspitni rad, medicinske sestre podižu svest stanovništva o značaju održavanja respiratorne higijene, higijene ruku, značaju nošenja zaštitnih maski, kao i održavanja fizičke distance. Nošenje zaštitnih maski u zatvorenim javnim prostorima u situacijama kada nije moguće održavati preporučenu udaljenost od najmanje dva metra (javni prevoz, tržni centri, maloprodajni objekti, teretane, na radnom mestu) značajna je opšta mera prevencije širenja bolesti kovid-19.

Mere prevencije mogu biti opšte i specifične. Specifične mere podrazumevaju vakcinaciju protiv uzročnika oboljenja. U Republici Srbiji je preporučena (dobrovoljna) imunizacija protiv kovid-19.

Zaključak: Stomatološka sestra, kao važna karika u sistemu pružanja zdravstvene zaštite, treba da shvati značaj i da unutar sistema podigne svest o prevenciji kovid-19 infekcije, čime bi se kroz zdravstveno-vaspitni rad podigla svest bolesnika o merama prevencije kovid-19 infekcije.

Abstract

COVID-19 is a respiratory infection that is primarily transmitted by droplets. It first appeared in China on December 31, 2019, and on March 11, 2020, it was declared a pandemic. The pandemic has brought a lot of changes in all segments of life around the world, the daily challenges we face, including in the field of medicine.

The COVID-19 pandemic has brought the need to create conditions for the application of “unusual” requirements, measures, and procedures of the health system and medical care, which involves a certain reorganization of medical interventions and care systems, including measures of mandatory personal protection, adherence to appropriate social distance and all hygiene procedures.

Dental nurses are daily exposed to risk factors for acquiring an infection, but also for transmitting the infection through further contact with patients, other staff, family members, and acquaintances, which enables the faster spread of the infection to the general population. Through health education, nurses raise the population's awareness of the importance of maintaining respiratory hygiene, hand hygiene, the importance of wearing protective masks, and maintaining physical distance. Wearing protective masks in closed public spaces in situations where it is not possible to maintain the recommended distance of at least two meters (public transport, shopping malls, retail establishments, gyms, in the workplace) is an important general measure to prevent the spread of the disease COVID-19.

Prevention measures can be general or specific. Specific measures include vaccination against the causative agent of the disease. In the Republic of Serbia, (voluntary) immunization against COVID-19 is recommended.

Conclusion: The dental nurse, as an important link in the health care delivery system, should understand the importance and raise awareness within the system about the prevention of COVID-19 infection, which would raise the awareness.