



PRIPOROČILA ZA OBRAVNAVO SIMPTOMOV V PALIATIVNI OSKRBI BOLNIKA Z NAPREDOVALNIM RAKOM

Maja Ebert Moltara

Obvadovanje simptomov v paliativni oskrbi predstavlja eno od ključnih, osnovnih veščin, ki jih mora izvajati zdravstveno osebje. Znanj s področja paliativne oskrbe in obvladovanja simptomov napredovale bolezni v slovenskem prostoru tekom rednega šolanja dobimo malo. Pri pridobivanju teh znanj in veščin so zato potrebne izkušnje in tudi strokovna literatura.

Priporočila (angl. recommendation) predstavljajo mnenje lokalnega ali nacionalnega uporabnika, ki se opirajo na strokovna priporočila posameznih ustanov, strokovnega medicinskega združenja ali zdravniških stanovskih organizacij in praviloma temeljijo na smernicah, vendar niso pripravljena po standardnih uveljavljenih merilih za smernice (primer: nacionalna priporočila). V Sloveniji smo imeli dosedaj na področju obvadovanja simptomov v paliativni oskrbi izdelana le posamezna priporočila (npr. priporočila za zdravljenje bolečine) oziroma mnenja, ki pa nikakor ne zadostujejo potrebam. V želji da zapolnimo to vrzel se je zato skupina strokovnjakov, ki se v svojem vsakodnevem delu srečujejo z obvladovanjem simptomov napredovalega raka, odločila da pristopi k temu projektu.

Priporočila so dokument, ki naj pomagajo pri vsakodnevni odločitvah in naj pa se ne uporabljajo togo ali brez razmisleka. Če kje je ravno v paliativni oskrbi v ospredje potrebno postaviti človeka, našega bolnika, njegove vrednote in želje ter vedno znova pretehtati, najustreznejše odločitve.

Priporočila so živ dokument in se bodo s časom prilagajala novim ugotovitvam stroke. Začeli smo z temeljnimi, najpogosteje izraženimi motečimi simptomi, že sedaj pa načrtujemo tudi nova poglavja. Vsa priporočila bodo na voljo v razpravo širši skupini strokovnjakov, po dokončni uskladitvi pa bodo predstavljena tudi ustreznim RSK.



RECOMMENDATIONS IN SYMPTOM MANAGEMENT IN ADVANCED CANCER

Symptom management in palliative care is one of the essential healthcare skills in palliative care. During official school education in Slovenia we do not learn a lot about palliative care and management of advanced disease symptoms. The acquisition of this knowledge and skills therefore requires experience and professional literature.

Recommendations represent the opinion of a local or national user who relies on the professional recommendations of a particular institution, professional medical association, or physician-affiliated organization and, as a rule, is guideline-based, but not prepared according to standard established guidelines (eg. national recommendations). In Slovenia, so far, only individual recommendations (eg. recommendations for pain management) or opinions have been made in the field of managing symptoms in palliative care, which in no way meet the needs. In order to fill this gap, a group of experts, who are struggling with the symptoms of advanced cancer in their daily work, decided to join this project.

Recommendations are a document that should help with everyday decisions and should not be used rigidly or without consideration. In palliative care it is necessary to put a person, our patient, in forefront, his or her values and desires and reconsiders the most appropriate decisions.

The recommendations are a living document and will adapt over time to the new findings of the profession. We started with the most common, most commonly reported disturbing symptoms, and are already planning new chapters. All recommendations will be made available for discussion to a wider group of experts and will be presented to the relevant RSCs once finalized.