



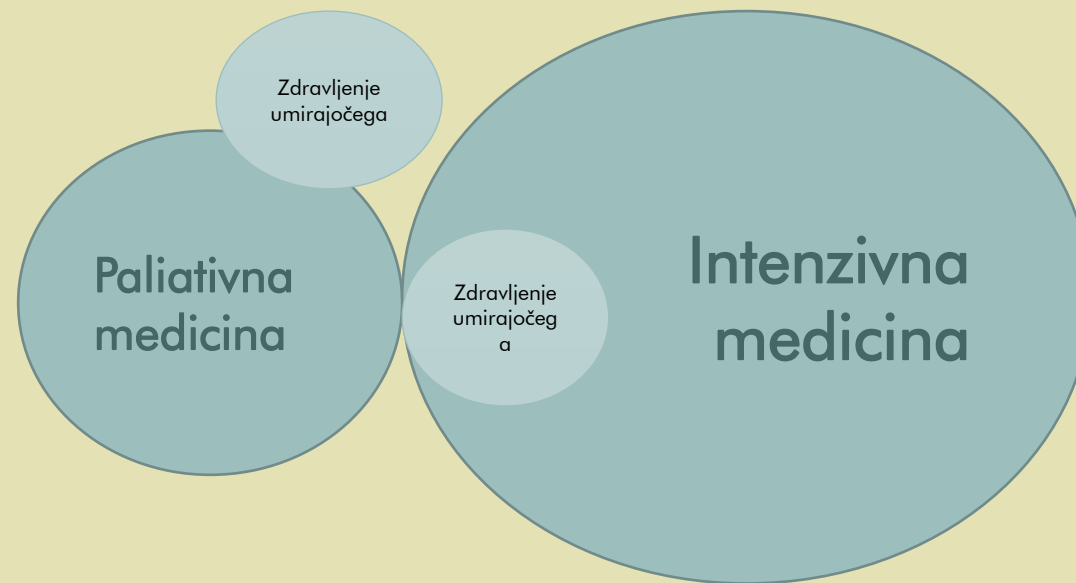
# PALIATIVNA OSKRBA V INTENZIVNI ENOTI OIL

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Onkološki inštitut Ljubljana, torek, 9. oktober 2018

# PALIATIVNA IN INTENZIVNA MEDICINA

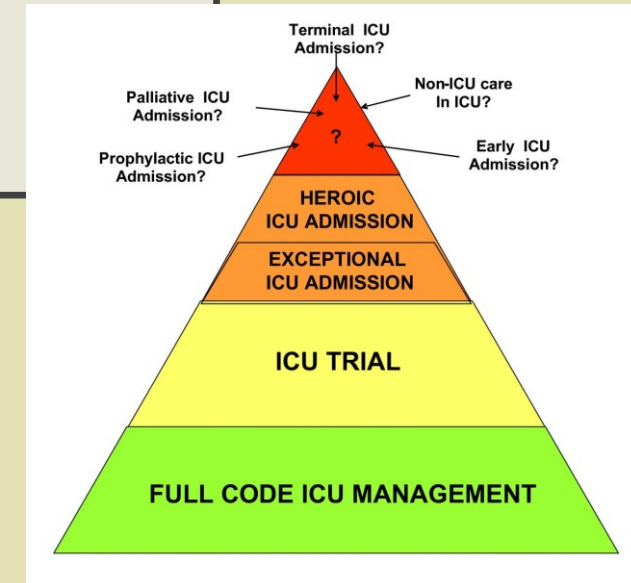
- **Paliativna medicina (pogovorna)** se osredotoča na preprečevanje in lajšanje trpljenja.  
Zdravljenje umirajočega je del paliativne medicine.
- Cilj **intenzivne medicine (tehnične)** je vzdrževanje vitalnih funkcij z namenom preprečiti smrt in zmanjšati okvaro organov.

# PALIATIVNA IN INTENZIVNA MEDICINA



# PALIATIVNA MEDICINA NA OIT

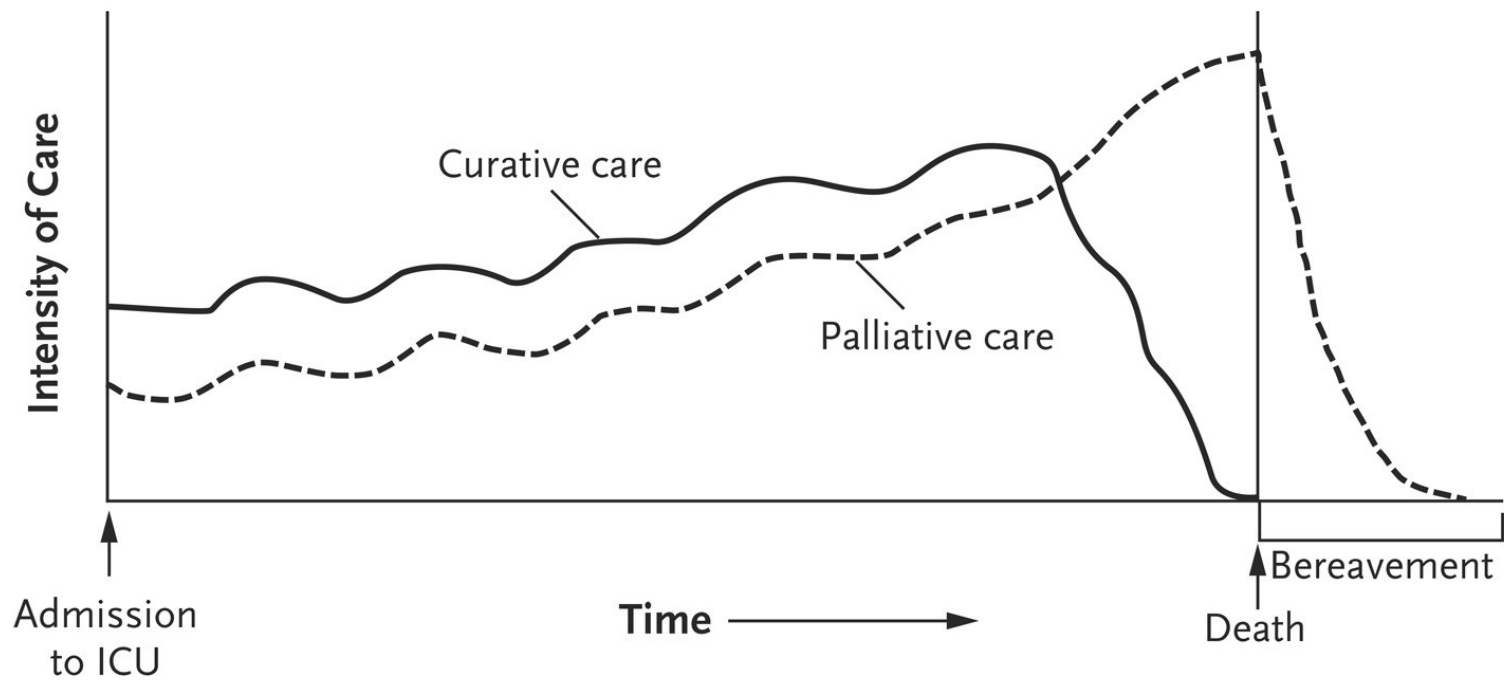
- Pri bolnikih z rakom je sprejem na OIT pogosto indiciran:
  - Full code
  - Omejitve (zdravljenja, časovno)
  - Sprejem zaradi paliativnega invazivnega zdravljenja
- Sprejemi na OIT v zadnjem mesecu življenja tudi 30 % (20-30% bolnikov umre na OIT\*)
- Ko izčrpamo možnosti zdravljenja v namen preprečiti smrt in okvaro organov, lahko zdravljenje na OIT bolniku bolj škodi kot koristi.
- Odtegnitev in opustitev zdravljenja je pogosta praksa na OIT; 'Izguba bitke' in posledice so lahko za zdravnike in sestre čustveno in fizično izčrpajoče, prav tako dvojnost obravnave.



\*Oliveira et al. factors associated with increased mortality and prolonged length of stay in adult intensive care unit. Rev Bras Ter Intensiva.2010;22(3):250-6.,

Writing Group for the Check-list-ICU Investigators and the Brazilian Research in Intensive V+Care Network...Effect of a quality improvement intervention with daily round checklists, goal setting, and clinician prompting on mortality of critically ill patients: a randomized clinical trial. JAMA.2016;315(14):1480-90.

# PALIATIVNA MEDICINA NA OIT



# PALIATIVNA MEDICINA NA OIT DILEME

- Kdaj preiti na popolnoma paliativno zdravljenje?
- Kako oz. do kakšne mere prenehati z intenzivnim zdravljenjem?
- Čas in število zdravnikov in sester udeleženih v procesu paliativnega zdravljenja
- Pomoč paliativnega tima

# PALIATIVNA MEDICINA NA OIT

- Opredeliti želje bolnika
- Konzilij glede prognoze
- Strinjanje vseh udeleženi v procesu zdravljenja
- Ponovno določiti cilje zdravljenja
- Opredeliti želje bolnika, sposobnost odločanja
- Komunikacija z bolnikom in s svojci
- Izvajanje ukrepov paliativne medicine (pri bolniku in svojcih!) ali premestitev
- Podpora zdravstvenemu timu (vpletenost paliativnega tima, psihološka podpora)

# PALIATIVNA MEDICINA NA OIT

- Ohraniti dostojanstvo bolnika
- Brez dodatne škode
- Preprečevanje in razreševanje konfliktov
- 'comfort care': se osredotoča na kvaliteto, ne na kvantiteto
- Osnovni principi paliativne medicine so znani tu boljše možnosti zdravljnja nekaterih simptomov NIMV, ...

**Table 3. Practical Preparatory Procedures to Ensure Patient Dignity before Withdrawal of Life Support.**

#### Prepare staff members

- Review the planned procedures in detail with all relevant staff members.
- Ensure that the referring physician is aware of the plans, if not already engaged.
- Ensure that spiritual care services are offered, if not already engaged.
- Remind staff members that all their actions should ensure the dignity of the patient.
- Remind staff members that the patient and family are the unit of care.
- Prepare a staffing schedule to maximize the continuity of care during the dying process, if possible.
- Ensure that the bedside nurse has not been assigned to care for another acutely ill patient, if possible.
- Ensure that the bedside nurse is experienced in palliative care; if not, change the assignment or arrange for supervision to be provided by a nurse experienced in palliative care.
- Ensure that physicians are readily available and do not abandon the patient or family.
- Introduce the relevant housestaff members to the patient and family.
- Introduce the respiratory therapist to the patient and family, when applicable.
- Ensure that staff members minimize unnecessary noise immediately outside the room.

#### Prepare the patient's room

- Consider the comfort of the patient and family (e.g., lighting, temperature, personal items).
- Liberalize visiting restrictions (e.g., timing, duration, number of visitors).
- Remove unnecessary equipment.
- Bring additional chairs into the room, if necessary.
- Secure a quiet room for the family away from the bedside.

#### Prepare the patient

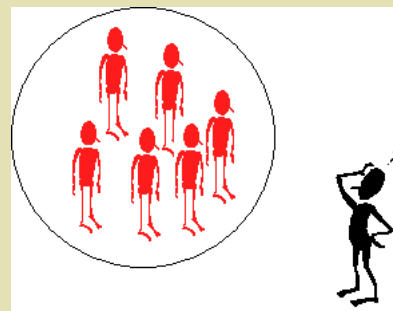
- Position the patient as comfortably as possible.
- Honor requests for cultural, spiritual, and religious rituals.
- Dim the lighting on screens required for monitoring (e.g., electrocardiography).
- Discontinue unnecessary monitoring (e.g., oximetry), unnecessary devices (e.g., feeding tubes), unnecessary tests (e.g., blood work), and unnecessary treatments (e.g., enteral nutrition).
- Discontinue medications that do not provide comfort and provide those that do.
- Ensure that the patient is as calm and distress-free as possible before proceeding to withdraw life support.



# PODPORA PALIATIVNEGA TIMA

- Pomoč specialistov paliativne medicine pri:
  - Osredotočenju na principe paliativne obravnave (algoritmi)
  - Komunikaciji
  - Časovno!, preprečevanje pregorevanja pri ekipi OIT
    - Izboljšanje obravnave in prihranek stroškov

- integracijski model
- konzultacijski model



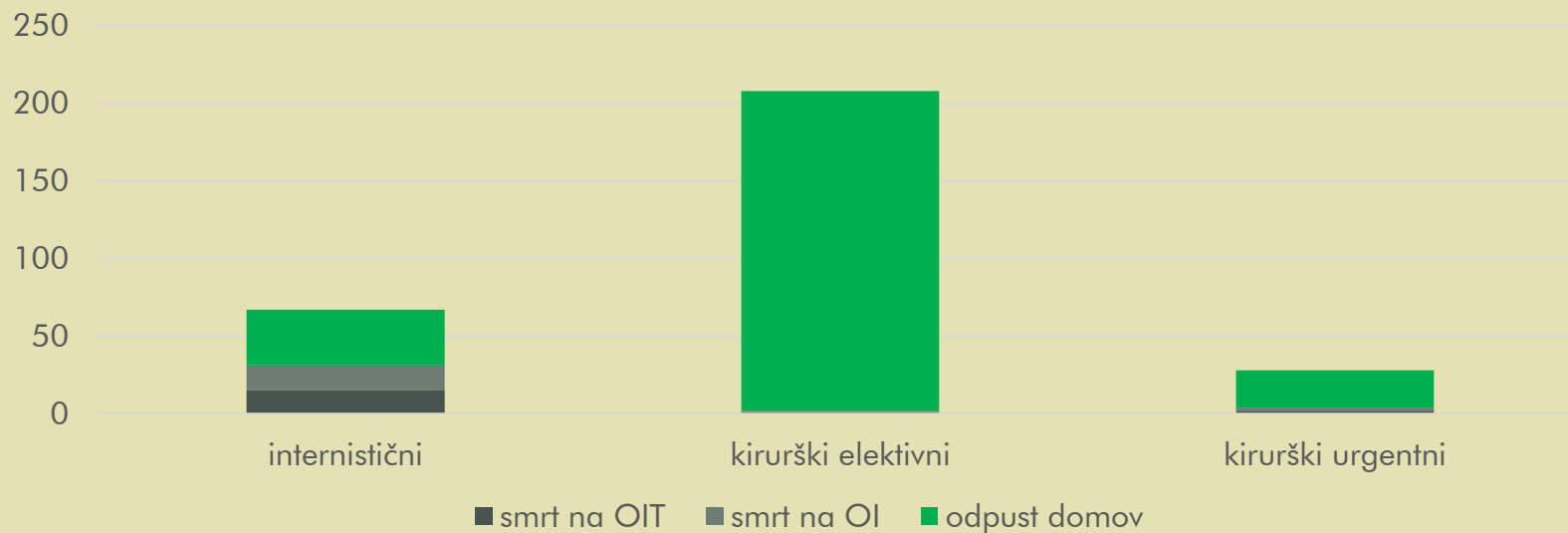
# PALIATIVNA MEDICINA NA OIT

## Algoritem obravnave!

- ✓ Razpoznavanje bolnikov
  - ✓  $\geq 80$  let
  - ✓ Pomembne spremljajoče bolezni in slabo funkcionalno stanje v osnovi
  - ✓ Specifična akutna bolezen (anoksična okvara možganov po reanimaciji)
  - ✓ Zelo slaba prognoza osnovne bolezni
  - ✓ Čas zdravljenja na OIT/v bolnišnici
- ✓ Razpoznavanje simptomov  
(BOLEČINA, DISPNEA, ŽEJA, MOTNJE SPANJA, STRAH)
- ✓ Ponovne ocene stanja

# NAŠE IZKUŠNJE

izhod zdravljenja bolnikov na OIT I. 2017



# NAŠE IZKUŠNJE

- število (redki kirurški elektivni bolniki, predvsem internistični)
- sprejemi v dežurstvu- težke odločitve
- skoraj nikoli vnaprejšne volje
- klinična pot sprejema na OIT
- vključevanje onkologa pri odločanju o prenehanju zdravljenja
- skupne odločitve in predaja dežurnim
- uporaba sedativov, opiatov, neinvazivne mehanske ventilacije, zmanjšanje, ne pa ukinitve mehanske ventilacije
- paliativna soba; vendar kadrovska podhranjenost ZN
- tim OIT brez psihološke podpore