



I Međunarodni simpozijum Udruženja zdravstvenih profesionalaca Srbije

"Bol kao medicinski, biološki, psihološki, sociološki i kulturološki fenomen"

Pravilnim alatima za procjenu boli do povećanja kvalitete zdravstvene njege

10-12. oktobar 2019, Hotel Royal, Banja Koviljača, Srbija

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Za svaki posao....



BOL

- rasprostranjen problem
- uključuje:

**fizičko
stanje**

**psihološko
stanje**

**kognitivno
stanje**

**emocionalno
stanje**


Utvrđeno – u nedovoljnoj mjeri se:

procjenjuje

dokumentira

upravlja

Medicinske sestre/tehničari opće zdravstvene njege

- odgovorni za primarnu procjenu i terapiju boli  skale za procjenu boli

razumljiva

valjana

pouzdana

METODE PRETRAŽIVANJA

- Deskriptivna metoda pretraživanja - iskorištena za opisivanje dotičnog fenomena kroz kritički osvrt koristeći ključne riječi: instrumenti procjene bolnosti ili skale boli kod odraslih u relevantnoj slovenskoj i engleskoj literaturi objavljenoj između 2007 i 2012.g. CINAHL, Medline, Health Source i COBIB.
- Korištene su baze podataka.
- Pronađen 31 članak s pripadajućim referencama.

REZULTATI PRETRAŽIVANJA

- Kako bi osigurale najbolju skrb za bolesnika u boli, medicinske sestre/tehničari moraju biti oprezni na različite vrste i manifestacije boli i različitosti svakog pacijenta koji pridonose iskustvo boli (Helms and Barone, 2008).
- Medicinske sestre/tehničari mogu koristiti mnemotehniku procjene boli (Clayton et al 2000; cit. op Briggs, 2010).

SOCRATES

- *Site: Where exactly is the pain?*
- *Onset: When did the pain start? Sudden or gradual?*
- *Character: Describe the pain. Sharp? Stabbing?
Crushing? Burning?*
- *Radiation: Does the pain spread anywhere?*
- *Associations: Any other signs or symptoms associated
with the pain?*
- *Time course: Does the pain follow any pattern or vary
throughout the day?*
- *Exacerbating/relieving factors: Does anything make
the pain better or worse?*
- *Severity: How bad is the pain?*

SKALE ZA PROCJENU BOLI

- Širok izbor skala za procjenu boli ...
- Jednodimenzionalne skale istražuju...
- Multidimenzionalne skale su osobito korisne ...
- Verbalne, numeričke, i vizualne

Obično se za odrasle koriste skale:

- Visual Analogue Scale (VAS)
- Numerical Rating Scale (NRS)
- Verbal Pain Intensity
- Wong-Baker (FACES) Scale
- Behavioural Pain Scale (BPS)
- The Critical-Care Pain Observation tool (CPOT)
- The Discomfort Scale-Dementia Alzheimer Type ...

JEDNODIMENZIONALNE SKALE BOLA

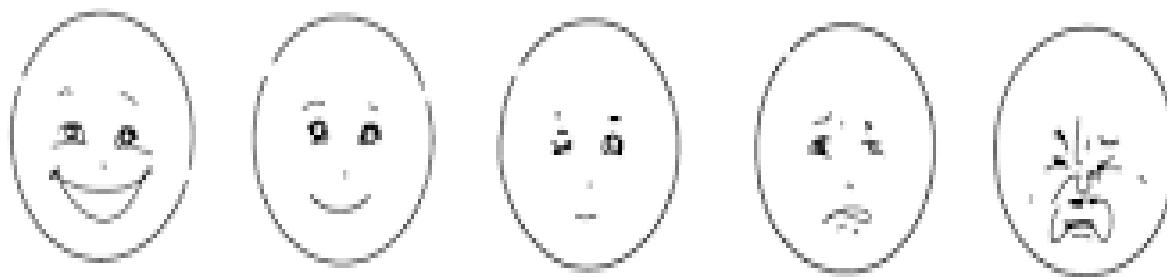
1. Vizualno analogna skala -VAS



2. Numerički rangirana skala-NRS

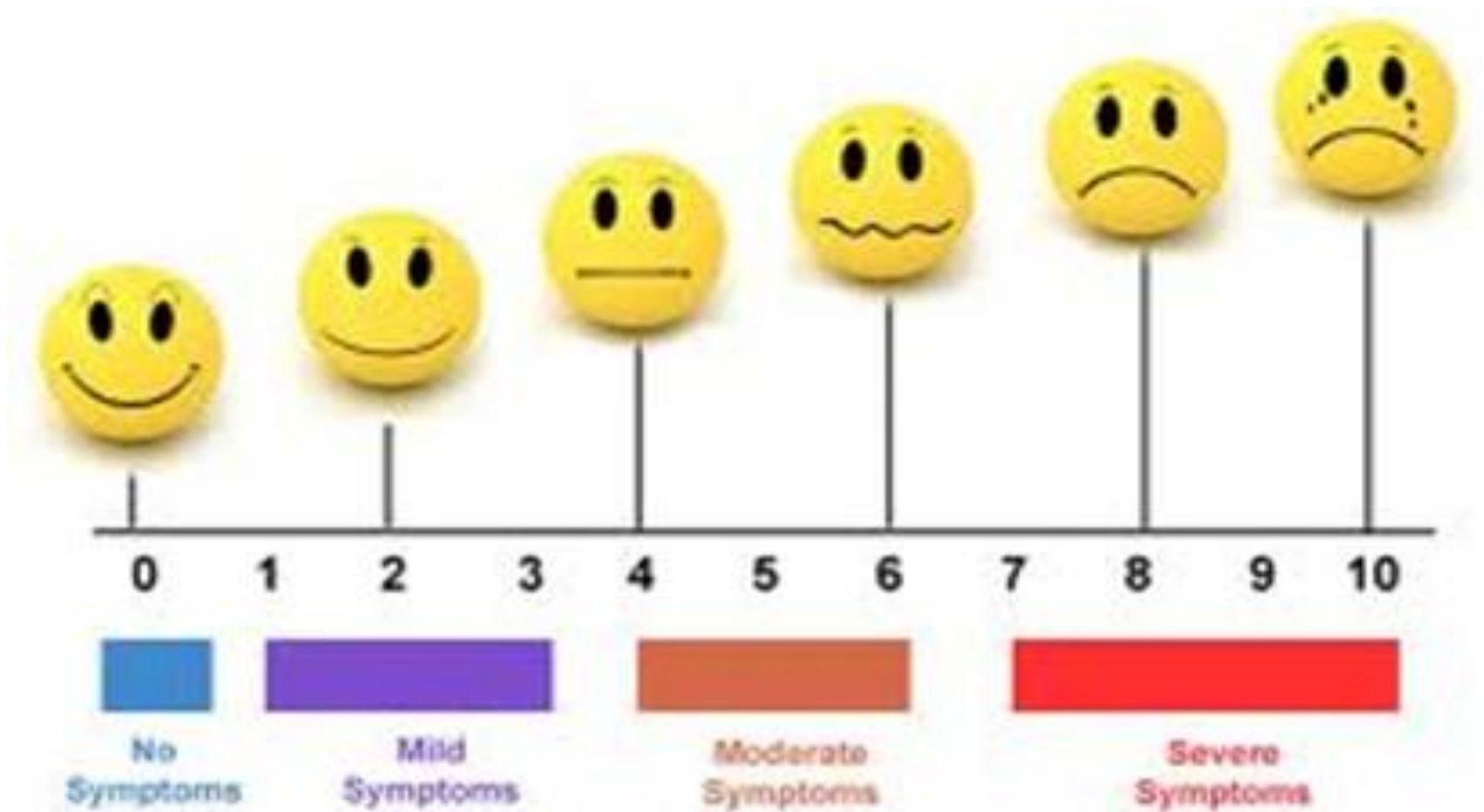


3. Skala boli prema izrazu lica



Procjenjivanje boli prema izrazima lica

4. Verbalno deskriptivna skala - VDS




MULTIDIMENZIONALNE SKALE ZA PROCJENU BOLI

1. McGill pain questionnaire (McGillov upitnik za bol)

McGill Pain Questionnaire

Patient's Name _____ Date _____ Time _____

PHQ: 21-930 22-931 23-932 24-933 25-934 26-935 27-936

<p>1. PUNCHING</p> <p>2. CUTTING</p> <p>3. PULLING</p> <p>4. THROBBING</p> <p>5. BURNING</p> <p>6. JOINTING</p> <p>7. ELECTRIC</p> <p>8. STABBING</p> <p>9. SHARP</p> <p>10. STINGING</p> <p>11. PRODDING</p> <p>12. CRAMPING</p> <p>13. TINGLING</p> <p>14. HOT</p> <p>15. TINGLING</p> <p>16. SHINGLING</p> <p>17. SHINGLING</p> <p>18. SHINGLING</p> <p>19. SHINGLING</p> <p>20. SHINGLING</p> <p>21. SHINGLING</p> <p>22. SHINGLING</p> <p>23. SHINGLING</p> <p>24. SHINGLING</p> <p>25. SHINGLING</p> <p>26. SHINGLING</p> <p>27. SHINGLING</p> <p>28. SHINGLING</p> <p>29. SHINGLING</p> <p>30. SHINGLING</p> <p>31. SHINGLING</p> <p>32. SHINGLING</p> <p>33. SHINGLING</p> <p>34. SHINGLING</p> <p>35. SHINGLING</p> <p>36. SHINGLING</p> <p>37. SHINGLING</p> <p>38. SHINGLING</p> <p>39. SHINGLING</p> <p>40. SHINGLING</p> <p>41. SHINGLING</p> <p>42. SHINGLING</p> <p>43. SHINGLING</p> <p>44. SHINGLING</p> <p>45. SHINGLING</p> <p>46. SHINGLING</p> <p>47. SHINGLING</p> <p>48. SHINGLING</p> <p>49. SHINGLING</p> <p>50. SHINGLING</p> <p>51. SHINGLING</p> <p>52. SHINGLING</p> <p>53. SHINGLING</p> <p>54. SHINGLING</p> <p>55. SHINGLING</p> <p>56. SHINGLING</p> <p>57. SHINGLING</p> <p>58. SHINGLING</p> <p>59. SHINGLING</p> <p>60. SHINGLING</p> <p>61. SHINGLING</p> <p>62. SHINGLING</p> <p>63. SHINGLING</p> <p>64. SHINGLING</p> <p>65. SHINGLING</p> <p>66. SHINGLING</p> <p>67. SHINGLING</p> <p>68. SHINGLING</p> <p>69. SHINGLING</p> <p>70. SHINGLING</p> <p>71. SHINGLING</p> <p>72. SHINGLING</p> <p>73. SHINGLING</p> <p>74. SHINGLING</p> <p>75. SHINGLING</p> <p>76. SHINGLING</p> <p>77. SHINGLING</p> <p>78. SHINGLING</p> <p>79. SHINGLING</p> <p>80. SHINGLING</p> <p>81. SHINGLING</p> <p>82. SHINGLING</p> <p>83. SHINGLING</p> <p>84. SHINGLING</p> <p>85. SHINGLING</p> <p>86. SHINGLING</p> <p>87. SHINGLING</p> <p>88. SHINGLING</p> <p>89. SHINGLING</p> <p>90. SHINGLING</p> <p>91. SHINGLING</p> <p>92. SHINGLING</p> <p>93. SHINGLING</p> <p>94. SHINGLING</p> <p>95. SHINGLING</p> <p>96. SHINGLING</p> <p>97. SHINGLING</p> <p>98. SHINGLING</p> <p>99. SHINGLING</p> <p>100. SHINGLING</p>	<p>1. TINGLING</p> <p>2. STABBING</p> <p>3. ELECTRICAL</p> <p>4. BURNING</p> <p>5. SHARP</p> <p>6. SHINGLING</p> <p>7. SHINGLING</p> <p>8. SHINGLING</p> <p>9. SHINGLING</p> <p>10. SHINGLING</p> <p>11. SHINGLING</p> <p>12. SHINGLING</p> <p>13. SHINGLING</p> <p>14. SHINGLING</p> <p>15. SHINGLING</p> <p>16. SHINGLING</p> <p>17. SHINGLING</p> <p>18. SHINGLING</p> <p>19. SHINGLING</p> <p>20. SHINGLING</p> <p>21. SHINGLING</p> <p>22. SHINGLING</p> <p>23. SHINGLING</p> <p>24. SHINGLING</p> <p>25. SHINGLING</p> <p>26. SHINGLING</p> <p>27. SHINGLING</p> <p>28. SHINGLING</p> <p>29. SHINGLING</p> <p>30. SHINGLING</p> <p>31. SHINGLING</p> <p>32. SHINGLING</p> <p>33. SHINGLING</p> <p>34. SHINGLING</p> <p>35. SHINGLING</p> <p>36. SHINGLING</p> <p>37. SHINGLING</p> <p>38. SHINGLING</p> <p>39. SHINGLING</p> <p>40. SHINGLING</p> <p>41. SHINGLING</p> <p>42. SHINGLING</p> <p>43. SHINGLING</p> <p>44. SHINGLING</p> <p>45. SHINGLING</p> <p>46. SHINGLING</p> <p>47. SHINGLING</p> <p>48. SHINGLING</p> <p>49. SHINGLING</p> <p>50. SHINGLING</p> <p>51. SHINGLING</p> <p>52. SHINGLING</p> <p>53. SHINGLING</p> <p>54. SHINGLING</p> <p>55. SHINGLING</p> <p>56. SHINGLING</p> <p>57. SHINGLING</p> <p>58. SHINGLING</p> <p>59. SHINGLING</p> <p>60. SHINGLING</p> <p>61. SHINGLING</p> <p>62. SHINGLING</p> <p>63. SHINGLING</p> <p>64. SHINGLING</p> <p>65. SHINGLING</p> <p>66. SHINGLING</p> <p>67. SHINGLING</p> <p>68. SHINGLING</p> <p>69. SHINGLING</p> <p>70. SHINGLING</p> <p>71. SHINGLING</p> <p>72. SHINGLING</p> <p>73. SHINGLING</p> <p>74. SHINGLING</p> <p>75. SHINGLING</p> <p>76. SHINGLING</p> <p>77. SHINGLING</p> <p>78. SHINGLING</p> <p>79. SHINGLING</p> <p>80. SHINGLING</p> <p>81. SHINGLING</p> <p>82. SHINGLING</p> <p>83. SHINGLING</p> <p>84. SHINGLING</p> <p>85. SHINGLING</p> <p>86. SHINGLING</p> <p>87. SHINGLING</p> <p>88. SHINGLING</p> <p>89. SHINGLING</p> <p>90. SHINGLING</p> <p>91. SHINGLING</p> <p>92. SHINGLING</p> <p>93. SHINGLING</p> <p>94. SHINGLING</p> <p>95. SHINGLING</p> <p>96. SHINGLING</p> <p>97. SHINGLING</p> <p>98. SHINGLING</p> <p>99. SHINGLING</p> <p>100. SHINGLING</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">ASAP</td> <td style="width: 33%;">INTERMITTENT</td> <td style="width: 33%;">CONTINUOUS</td> </tr> <tr> <td>MINUTE</td> <td>PERIODIC</td> <td>STEADY</td> </tr> <tr> <td>TRANSIENT</td> <td>INTERMITTENT</td> <td>CONSTANT</td> </tr> </table> <div style="text-align: center;">  <p style="margin-top: 10px;">E = EXTERNAL I = INTERNAL</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>COMMENTS:</p> </div>	ASAP	INTERMITTENT	CONTINUOUS	MINUTE	PERIODIC	STEADY	TRANSIENT	INTERMITTENT	CONSTANT
ASAP	INTERMITTENT	CONTINUOUS									
MINUTE	PERIODIC	STEADY									
TRANSIENT	INTERMITTENT	CONSTANT									

2. Brief pain inventory

Brief Pain Inventory (BPI-7) Form

Study ID# _____ Hospital _____
(Do not write above this line)

Date _____

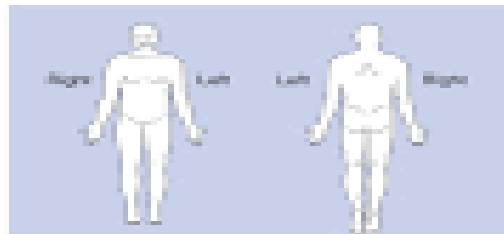
Time _____

Gender _____
Male Female

1) Throughout your time, how often have had pain from time to time (such as minor headaches, sprains, and toothaches). Have you had pain other than these ordinary kinds of pain today?

0, yes 1, no

2) On the diagram, shade in the areas where you feel pain. (Put an X on the areas that hurt the most.)



3) Please rate your pain by circling the one number that best describes your pain as its **WORST** in the last 24 hours.

0 1 2 3 4 5 6 7 8 9 10
No Pain Worst Pain imaginable

4) Please rate your pain by circling the one number that best describes your pain as its **LEAST** in the last 24 hours.

0 1 2 3 4 5 6 7 8 9 10
No Pain Worst Pain imaginable

5) Please rate your pain by circling the one number that best describes your pain on the **AVERAGE**.

0 1 2 3 4 5 6 7 8 9 10
No Pain Worst Pain imaginable

6) Please rate your pain by circling the one number that tells how much pain you have **Worst Score**.

0 1 2 3 4 5 6 7 8 9 10
No Pain Worst Pain imaginable

7) What treatments or medications are you receiving for your pain?

8) In the past 24 hours, how much **BUSIER** have your treatments or medications provided? Please circle the one percentage that most shows how much relief you have received.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%
No Relief More Relief

9) Circle the one number that describes how, during the past 24 hours **PAIN HAS INTERFERED** with you:

A. General Activity

0 1 2 3 4 5 6 7 8 9 10
Excellent Interferes Completely Interferes

B. Mood

0 1 2 3 4 5 6 7 8 9 10
Excellent Interferes Completely Interferes

C. Walking Ability

0 1 2 3 4 5 6 7 8 9 10
Excellent Interferes Completely Interferes

D. Normal work (includes both work outside the home and housework)

0 1 2 3 4 5 6 7 8 9 10
Excellent Interferes Completely Interferes

E. Relation with other people

0 1 2 3 4 5 6 7 8 9 10
Excellent Interferes Completely Interferes

F. Sleep

0 1 2 3 4 5 6 7 8 9 10
Excellent Interferes Completely Interferes

G. Enjoyment of life

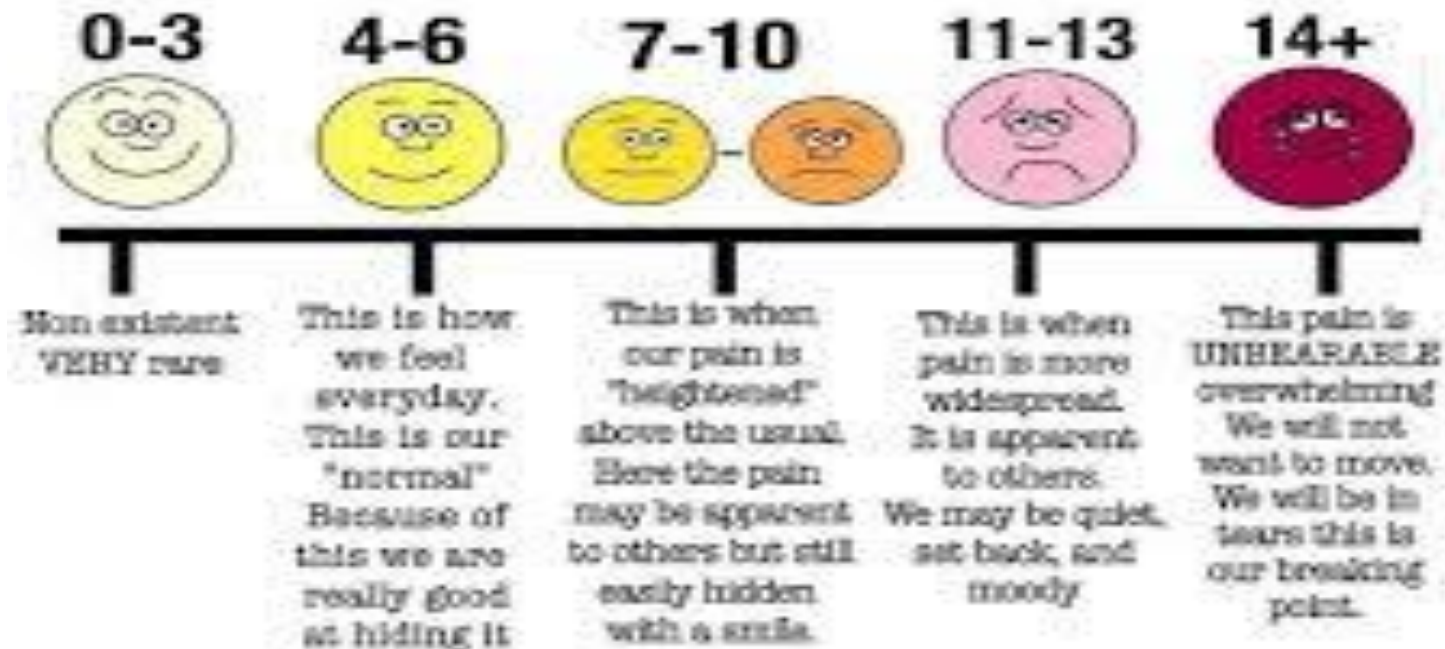
0 1 2 3 4 5 6 7 8 9 10
Excellent Interferes Completely Interferes

3. Randall chronic pain scale

Chronic Illness Pain Scale

(Symptoms may vary)

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4. Memorial pain assessment card

Memorial Pain Assessment Card

4. Mood Scale



Put a mark on the line to show your mood.

2. Pain Description Scale

Moderate
Strong
Excruciating

Mid

Weak

Just noticeable
No pain
Severe

Circle the word that describes your pain.

1. Pain Scale



Put a mark on the line to show how much pain there is.

3. Relief Scale



Put a mark on the line to show how much relief you get.

RASPRAVA I ZAKLJUČAK

- Bol - univerzalno životno iskustvo
- Medicinska sestra/tehničar upotpunjuje više različitih uloga u terapiji boli:

procjenitelj

planer

edukator

organizator

zagovaratelj

- Skala boli mjeri bolesnikov intenzitet proživljavanja boli ili druga obilježja.
- Temelje se na samoizvješćivanju, opažanju ili psihološkom sadržaju...
- Dostupne su za sve dobne skupine, bez obzira na mogućnost komunikacije...

- Kako bi bile u mogućnosti pružiti najbolju moguću skrb, medicinske sestre/tehničari moraju dobro poznavati različite oblike i manifestacije boli te biti u mogućnosti opažati.

A person is captured in mid-air, jumping joyfully with their arms raised high. The background is a bright, hazy, yellowish-white, suggesting a sunny day or a bright light source. The person's shadow is cast on the ground below. The overall mood is one of happiness and freedom.

**"Sreća je odsutnost bola."
Baruch Spinoza**

Hvala vam!

