

Messagġi ewlenin għat-tobba tal-familja

Iż-żieda fir-reżistenza antibijotika thedded l-effikaċja tal-antibijotiċi fil-preżent u fil-futur

Ir-reżistenza antibijotika hija problema gravi tas-saħħa fl-Ewropa li qiegħda tkompli tikber [1, 2].

Filwaqt li l-għadd ta' infezzjonijiet ikkawżati minn batterji reżistenti għall-antibijotiċi qiegħed jikber, il-pjanijiet għal antibijotiċi godda mhumiex promettenti, u għalhekk jipprezentaw stampa skoraġġanti tad-disponibbiltà ta' kura antibijotika effikaċi fil-futur [3, 4].

Il-livelli dejjem jikbru ta' batterji reżistenti għall-antibijotiċi jistgħu jigu kkontrollati billi jkun imhegġeġ użu limitat u xieraq ta' antibijotiċi fil-pazjenti tal-kura primarja

L-espożizzjoni għall-antibijotiċi hija marbuta mal-feġġa tar-reżistenza antibijotika [5–8]. It-teħid totali ta' antibijotiċi f'popolazzjoni, kif ukoll il-mod ta' kif jittieħdu, għandu impatt fuq ir-reżistenza antibijotika [9, 10].

L-esperjenza minn xi pajjiżi fl-Ewropa turi li t-tnaqqis fil-preskrizzjoni ta' antibijotiċi lill-outpatients irriżulta fi tnaqqis konkromittanti fir-reżistenza antibijotika [10–12].

Il-kura primarja tirrappreżenta madwar 80% sa 90% tal-preskrizzjonijiet ta' antibijotiċi, l-aktar għall-infezzjonijiet tal-apparat respiratorju [9, 14, 15].

Hemm provi li juru li, f'bosta każijiet ta' infezzjoni tal-apparat respiratorju, mhumiex meħtieġa antibijotiċi [16–18] u li s-sistema immunitarja tal-pazjent hija kompetenti biżżejjed biex tiġġieled infezzjonijiet sempliċi.

Hemm pazjenti b'ċerti fatturi ta' riskju bħal, pereżempju, aggravar gravi ta' mard tal-pulmun ostruttiv kroniku (COPD) bi produzzjoni żejda ta' sputum, li għalih ikun meħtieġ il-preskrizzjoni ta' antibijotiċi [19, 20].

Il-preskrizzjoni mhux meħtieġa ta' antibijotiċi fil-kura primarja hija fenomenu kkumplikat, iżda huwa relatat l-aktar ma' fatturi bħall-interpretazzjoni ħażina tas-sintomi, incertezza dijanjostika u aspettattivi perċepiti tal-pazjent [14, 21].

Il-komunikazzjoni mal-pazjenti hija fundamentali

L-istudji juru li s-sodisfazzjon tal-pazjenti fis-sitwazzjonijiet ta' kura primarja tiddependi aktar fuq komunikazzjoni effikaċi milli li jiksbu riċetta għal antibijotiku [22–24] u li l-preskrizzjoni ta' antibijotiċi għal infezzjoni fl-apparat respiratorju ma tnaqqasx ir-rata ta' viżti sussegwenti [25].

Il-pariri li jagħti tabib iħallu impatt fuq il-perċezzjonijiet u l-attitudni tal-pazjenti lejn il-mard tagħhom u l-ħtieġa perċepita għal antibijotiċi, b'mod partikolari meta jkunu avżati dwar x'għandhom jistennew waqt il-marda tagħhom, inkluż iż-żmien realistiku ta' rkupru u l-istrategġija ta' awtoġestjoni [26].

Dawk li jippreskrivu l-kura primarja m'għandhomx bżonn jallokaw aktar ħin għal konsultazzjonijiet li jinvolvu l-offerta ta' alternattivi għall-preskrizzjoni ta' antibijotiċi. L-istudji juru li dan jista' jsir fil-ħin medju ta' konsultazzjoni waqt li jinżamm grad għoli ta' sodisfazzjon tal-pazjent [14, 27, 28].

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