

# **Ključna sporočila za zdravstvene delavce v primarnem zdravstvu**

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## **Vedno večja odpornost na antibiotike ogroža sedanjo in prihodnjo učinkovitost antibiotikov**

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Odpornost na antibiotike predstavlja čedalje večjo težavo za javno zdravje v Evropi [1, 2].

Medtem ko se število okužb z bakterijami, odpornimi na antibiotike, povečuje, je razvoj novih antibiotikov neobetaven, saj ne napoveduje ničesar dobrega glede razpoložljivosti učinkovitega zdravljenja z antibiotiki v prihodnosti [3, 4].

## **Povečevanje števila bakterij, odpornih na antibiotike, bi bilo mogoče obvladati s spodbujanjem omejene in ustrezne rabe antibiotikov pri bolnikih v primarnem zdravstvu**

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Izpostavljenost antibiotikom je povezana z nastankom odpornosti na antibiotike [5–8]. Skupna uporaba antibiotikov v populaciji in način uživanja antibiotikov vplivata na odpornost na antibiotike [9, 10].

Izkušnje nekaterih evropskih držav kažejo, da je zmanjšanje količine predpisanih antibiotikov pri ambulantnih bolnikih prispevalo k hkratnemu zmanjšanju odpornosti na antibiotike [10–12]

80 % do 90 % vseh antibiotikov se predpiše v primarnem zdravstvu, večina izmed njih za zdravljenje okužb dihal [9, 14, 15].

Iz preteklih izkušenj je razvidno, da v mnogih primerih okužb dihal antibiotiki niso potrebni [16–18], saj je imunski sistem bolnikov dovolj močan, da lahko obvlada enostavne okužbe.

Pri nekaterih bolnikih obstajajo določeni dejavniki tveganja, npr. resnega poslabšanja kronične obstruktivne pljučne bolezni (COPD) s povečanim tvorjenjem izmečka, pri katerih je antibiotike treba predpisati [19, 20].

Nepotrebno predpisovanje antibiotikov v primarnem zdravstvu je kompleksen pojav, vendar ga je mogoče pripisati predvsem dejavnikom, kot so napačna interpretacija simptomov, negotovost pri postavitvi diagnoze ter dojemanje bolnikovih pričakovanj [14, 21].

## Komunikacija z bolniki je ključnega pomena

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Raziskave kažejo, da je zadovoljstvo bolnikov s sistemom primarnega zdravstva bolj odvisno od učinkovite komunikacije kot od dejstva, da prejmejo recept za antibiotik [22–24], ter da predpisovanje antibiotikov za zdravljenje okužb zgornjih dihal ne zmanjšuje števila nadaljnjih ponovnih obiskov [25].

Strokovni zdravstveni nasveti vplivajo na zaznavanje in dojemanje bolezni pri bolnikih ter na njihovo prepričanje, ali potrebujejo antibiotike, zlasti kadar prejmejo informacije o tem, kaj lahko pričakujejo med boleznijo, vključno z realnim časom do ozdravitve in strategijami za izboljšanje zdravljenja [26].

Zdravstvenim delavcem v primarnem zdravstvu ni treba nameniti več časa za posvetovanje, v okviru katerega bi bolnikom namesto antibiotikov ponudili alternativna zdravila. Raziskave kažejo, da je to mogoče izvesti v okviru enakega povprečnega trajanja pogovora in pri tem ohraniti visoko stopnjo zadovoljstva bolnika [14, 27, 28].

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