

# OPIOFOBIA

## dileme i razmišljanja naših ljekara

Prof.dr Danko Živković

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Bol

- **u pozitivnom smislu bol je rano upozorenje**
- **dugotrajni bol gubi svoju fiziološku funkciju, znatno opterećuje pacijenta i smanjuje kvalitet života**

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Hronični bol

Bol dugog trajanja

(IASP:bol koji perzistira duže od tri meseca)

Često nepoznate etiologije

Nerijetko dovodi do fizičke i  
psihosocijalne deterioracije ličnosti

Zahtijeva kombinaciju terapijskih modaliteta  
(multidisciplinarni i multimodalni pristup)

Kompleksan i specifičan  
zdravstveni problem- bolest *per se*

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Bol kao globalni zdravstveni problem

- ▶ Od hroničnog bola pati u Evropi **36%**, a u SAD-u **43%** populacije.
- ▶ Predstavlja veliki zdravstveni problem, posebno što je hronični bol bolest *per se* sa pravom na liječenje.

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Hronični bol

## PARLAMENT EVROPSKE UNIJE

(izveštaj stručne komisije)

*"zastarela regulativa prepisivanja  
opiodnih analgetika košta svake  
godine EU 500 miliona radnih dana  
i 34 milijarde EUR"*

Reuters Health Professional Medical News Date: June 16, 2005

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Hronični bol – bolest per se

## simptomi i znaci

- ▶ Slab apetit i nutricija, te gubitak tjelesne mase
- ▶ Poremećaj sna
- ▶ Depresija imunog sistema i povećana sklonost infekcijama
- ▶ Smanjena fizička aktivnost, slabljenje mišića i zglobova
- ▶ Nesposobnost za rad
- ▶ Zavisnost od porodice i drugih osoba
- ▶ Preterano i neodgovarajuće korišćenje sistema zdravstvene zaštite
- ▶ Izolacija od društva
- ▶ Anksioznost, strah, ogorčenje, frustracija, bespomoćnost, depresija, suicid.

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# 30% svjetskog stanovništva trpi neki oblik hroničnog bola (WHO)



Svaki 8. bolesnik mlađi od 60 g dolazi kod ljekara zbog bola

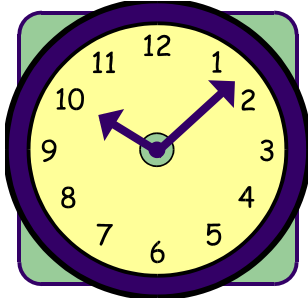
Svaki 4. bolesnik iznad 60 g starosti javlja se ljekaru zbog BOLA

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

Crook, J., Rideout, E., and Brown, G., "The

"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"

Prevalence of Pain Complaints among a General Population", Pain, 1984.



*oralno*  
*“po satu”*  
*“princip stepenica”*  
Individualni pristup  
Obraćanje pažnje na detalje

# Farmakoterapija hroničnog kancerskog bola- principi SZO

Jaki opioidi  
+/- koanalgetici



**Blag bol (0-3)**

Neopioidi  
+/- koanalgetici

**Umjeren bol (4-6)**

Slabi opioidi  
+/- koanalgetici

**Jak bol (7-10)**

Jaki opioidi  
+/- koanalgetici

*Bol perzistira ili se pojačava*

## **SZO Princip stepenica**

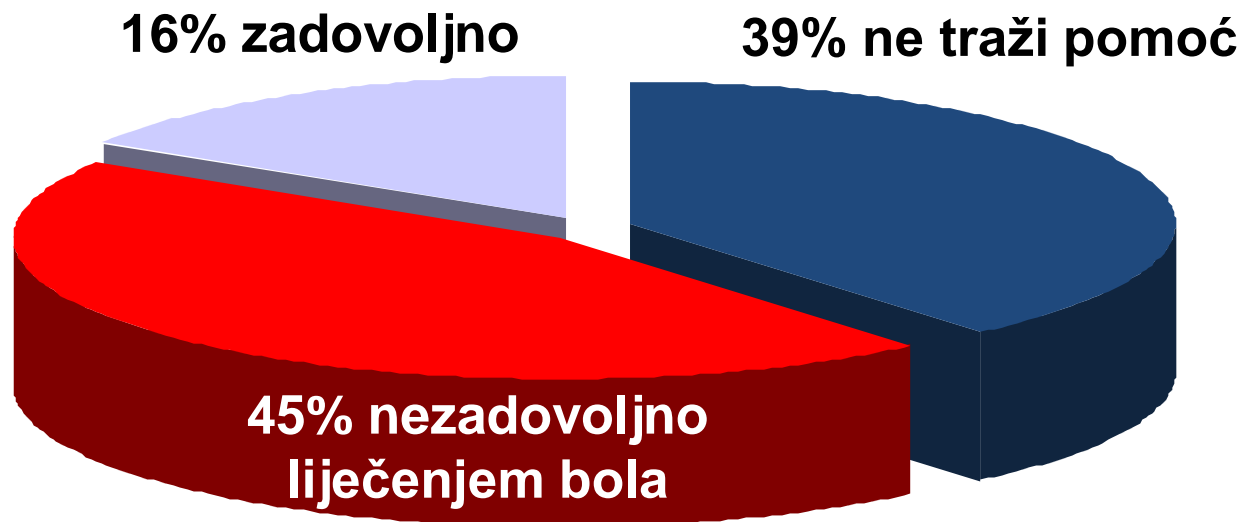
**procjenjena jačina bola određuje izbor analgetika**

**ukoliko se bol pojačava, prelazi se na sljedeću analgetsku stepenicu**

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)



# Bolesnici su nezadovoljni liječenjem bola



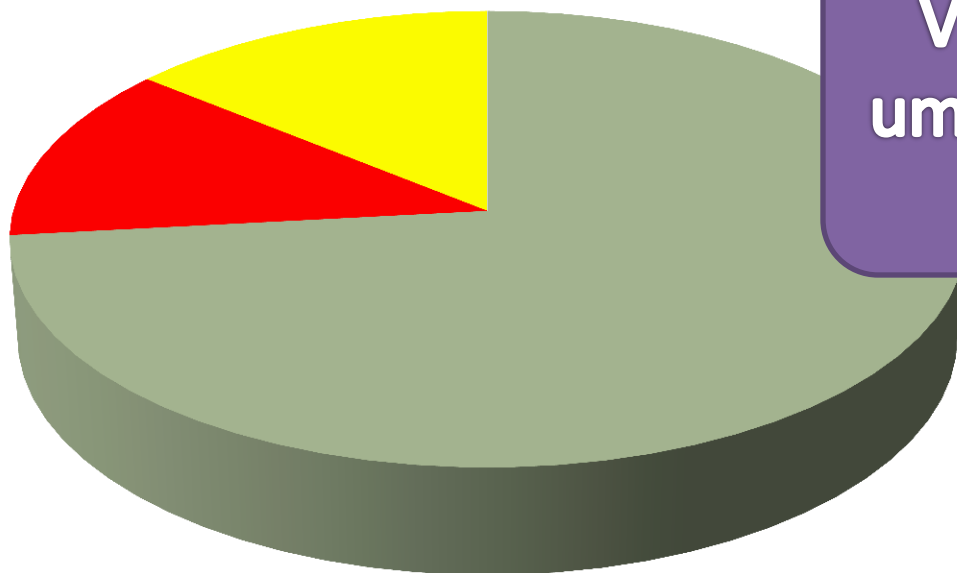
**47% mijenja svog ljekara**  
**22% promijenilo ljekara  $\geq 3$  puta**

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3

*"This project has been funded with support from the European Commission. This publication reflects the views of the author(s) and not necessarily those of the European Commission. The European Commission is not responsible for any use which may be made of the information contained herein."*

Parrot T. Using opioid analgesics to manage chronic noncancer pain in primary care. J An Board Fam Pract.. 1999;12:293-306.

# Pitanje : Koliki broj Vaših pacijenata trpi umereno jak i jak kancerski i nekancerski bol?

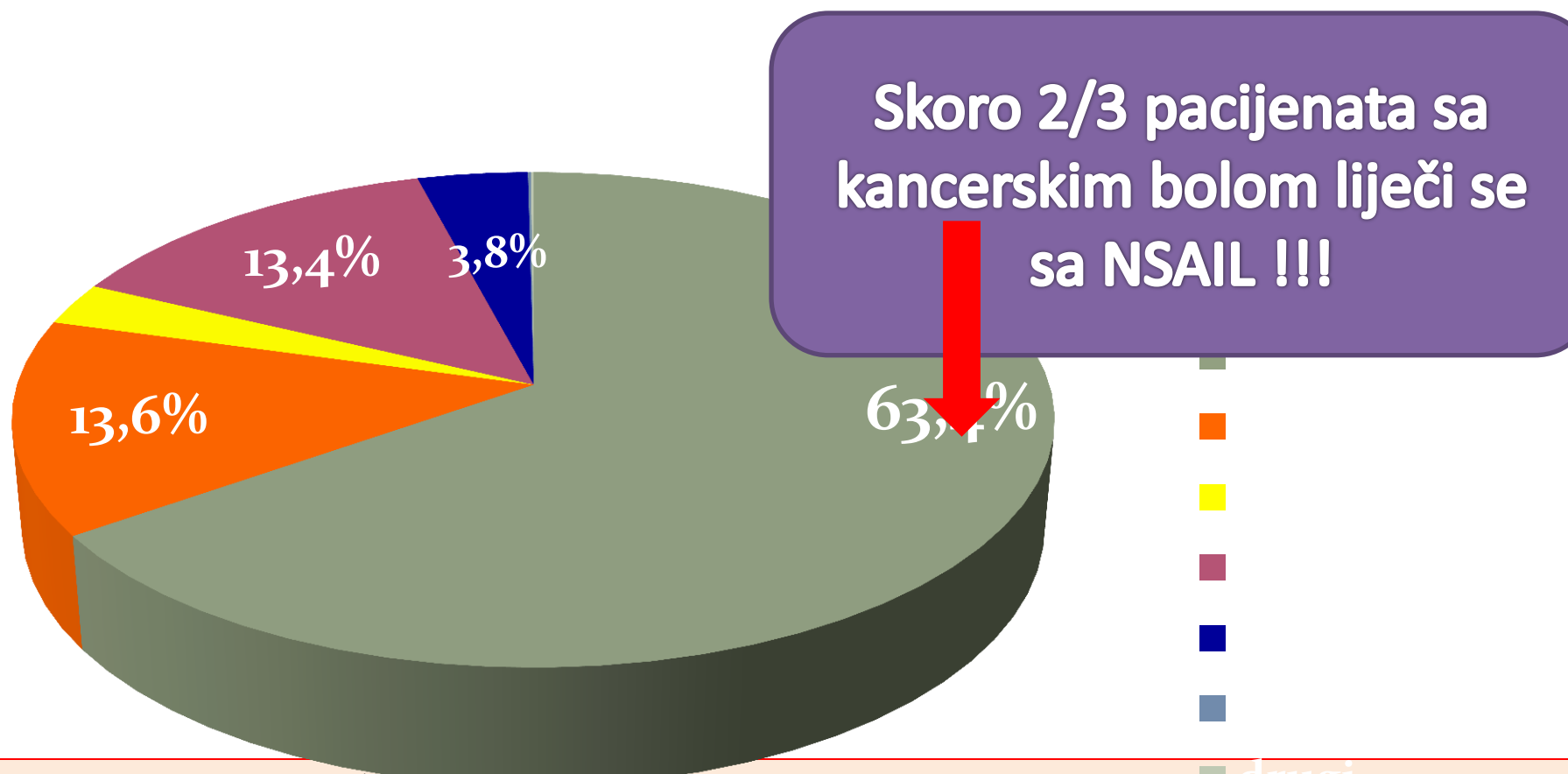


Više od 1/4 pacijenata trpi umereno jak i jak hronični bol !!!

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"

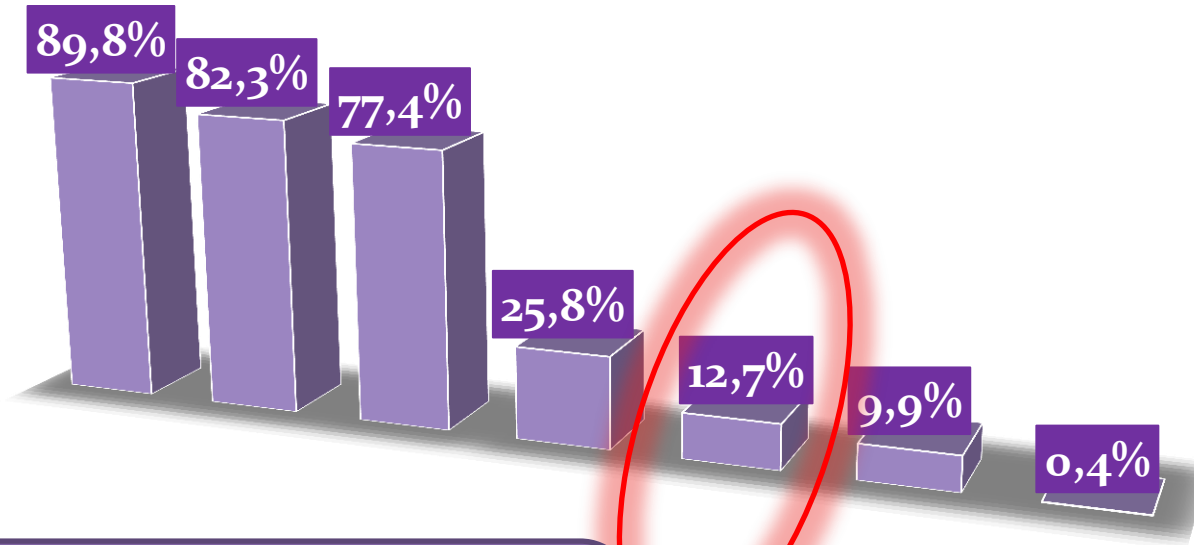
# Pitanje : Šta propisujete od terapije pacijentima sa hroničnim kancerskim bolom?



Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

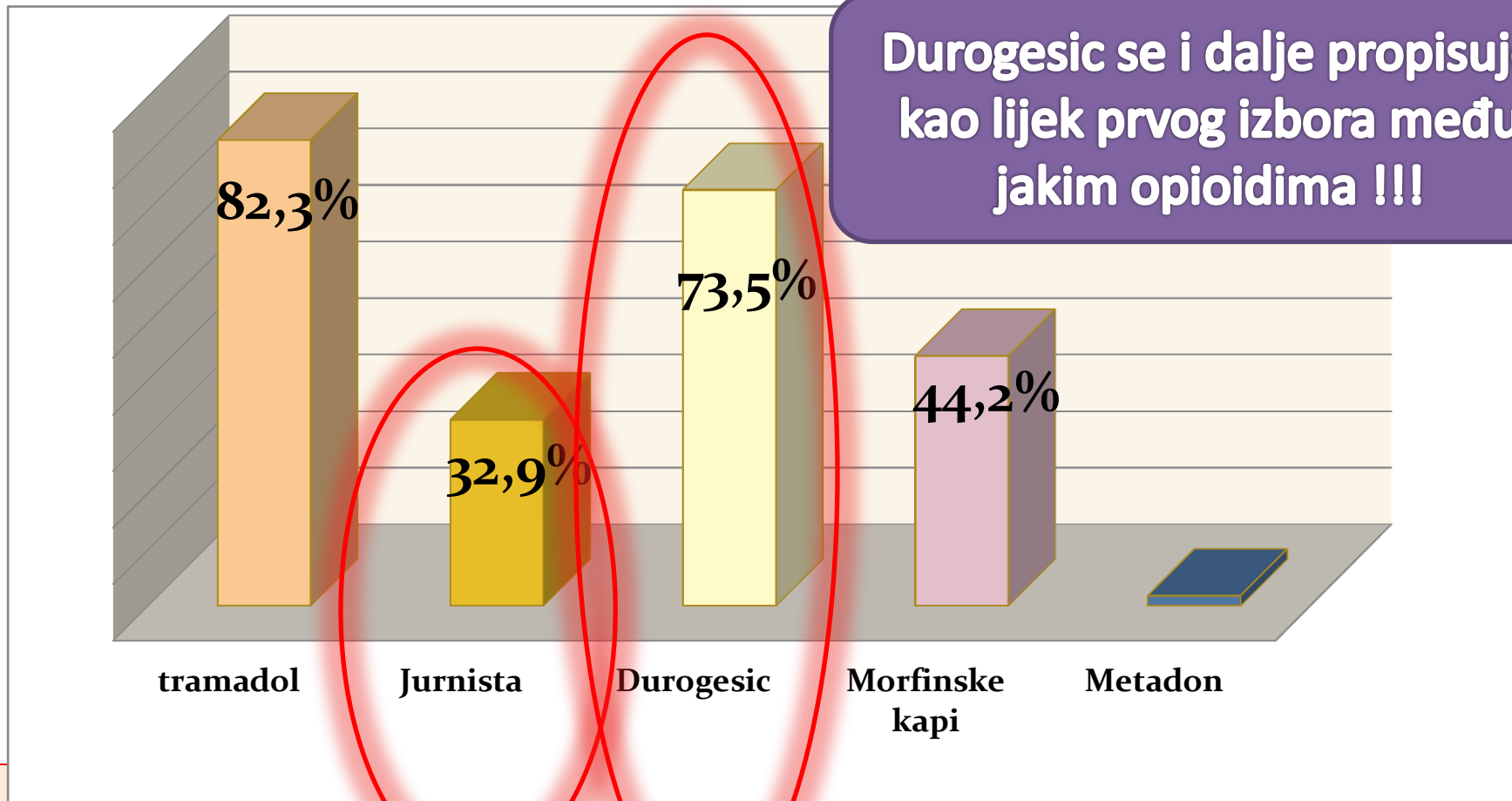
drugi

# Pitanje : Zaokružite po Vama tri najvažnije osobine koje analgetik treba da ima



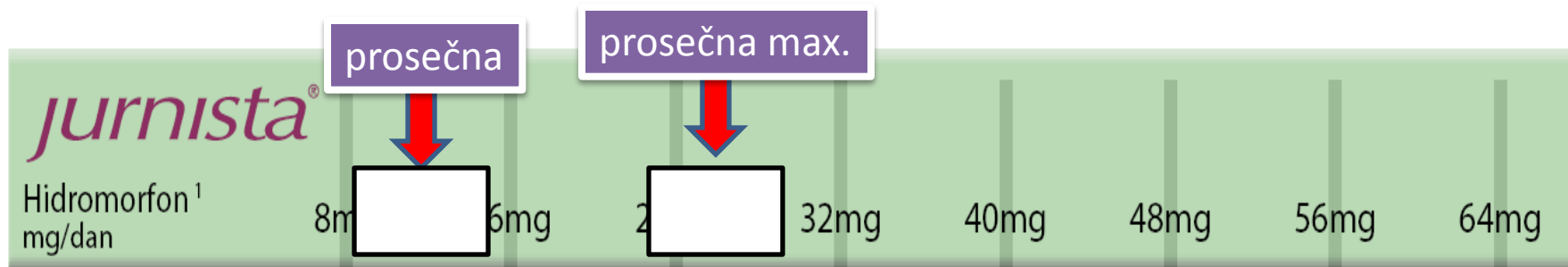
Čak 12,7% navelo je cijenu kao jednu od tri najvažnije osobine lijeka

# Pitanje : Da li ste u poslednjih godinu dana svojim pacijentima prepisivali sledeće lijekove?



Durogesic se i dalje propisuje kao lijek prvog izbora među jakim opioidima !!!

# Pitanje : Koje su prosječne i prosječne maksimalne doze jakih opioida koje ste davali?



Tramadol SR<sup>2</sup>  
mg/dan

Morfin  
mg/dan

Fentanil<sup>3</sup>  
mcg/h

**PACIJENTI NA JURNISTI SU  
SUBDOZIRANI!**

<sup>1</sup>Sažetak karakteristika leka Jurnista<sup>®</sup>, oktobar 2007, Clinical Practice Guidelines for the Management of Chronic Pain, 05 Department of Veterans Affairs Medical Center, Washington, DC; <sup>2</sup>www.guideline.gov); <sup>3</sup>Farmakoterapija kancerskog bola. Monografija AMN SLD, serija B, vol. 1, broj 1, Bošnjak S., 119-137,

opioid therapy for chronic pain, 05 Department of Veterans Affairs Medical Center, Washington, DC; <sup>2</sup>www.guideline.gov); <sup>3</sup>Farmakoterapija kancerskog bola. Monografija AMN SLD, serija B, vol. 1, broj 1, Bošnjak S., 119-137,

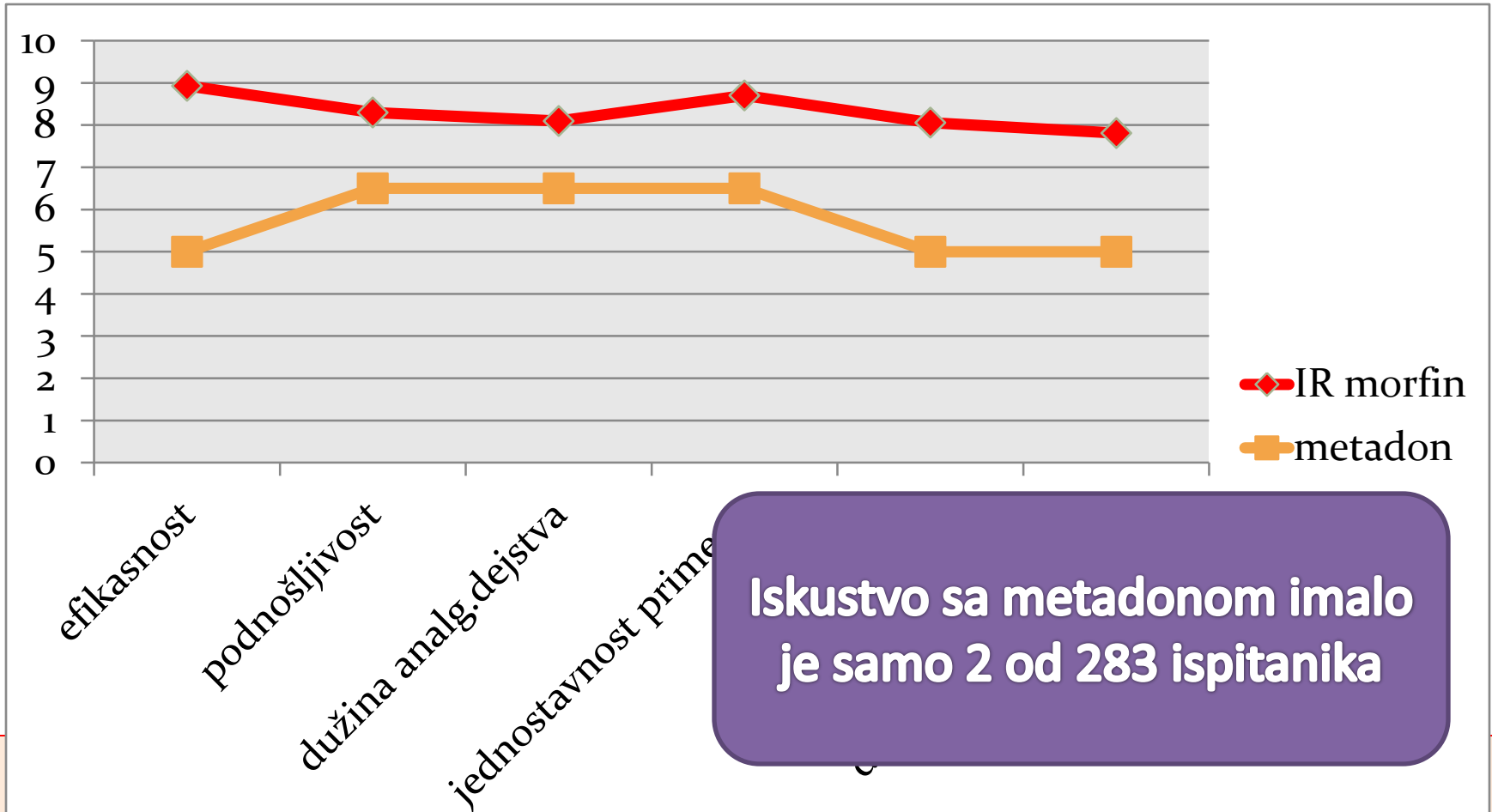
Project number: 585927-EPP-1

KA2-CBHE-JP (2017 – 3109 / 001 – 001)

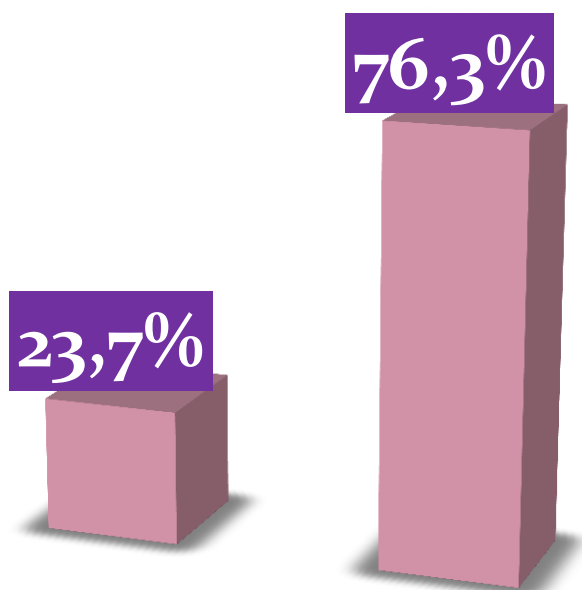
prosečna

Prosečna max.

# Pitanje : Ocijenite navedene osobine slijedećih lijekova:



# Pitanje : Da li uvodite opioide samostalno ili na predlog ljekara specijaliste?



**76 % ispitanika neće samostalno uvesti u terapiju opioidni analgetik !!!**

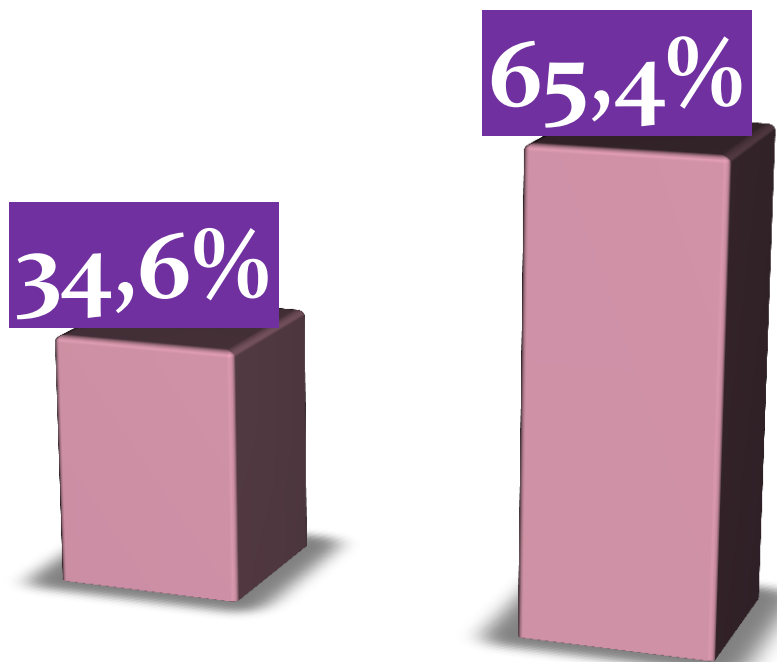
Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

specijaliste

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*



# Pitanje : Da li povećavate dozu opioida samostalno ili na predlog ljekara specijaliste?



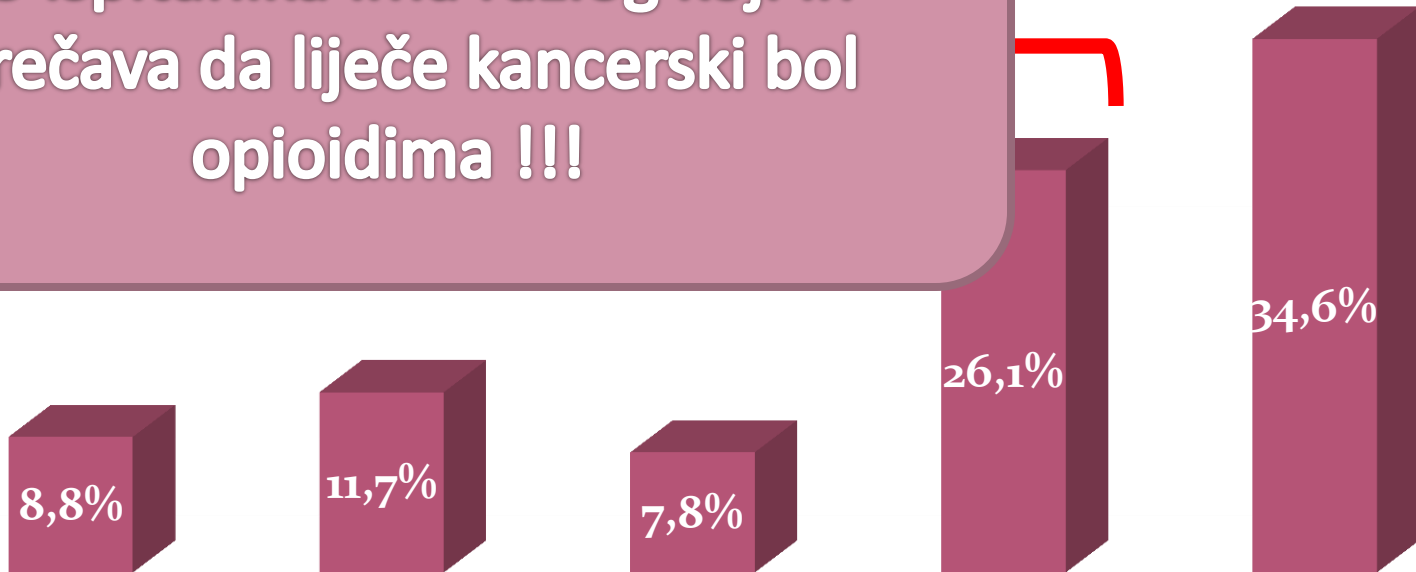
2/3 ispitanika NEĆE samostalno podići dozu opioidnog analgetika !!!

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Pitanje : Da li postoji nešto što Vas sprečava da liječite kancerski bol opioidima?

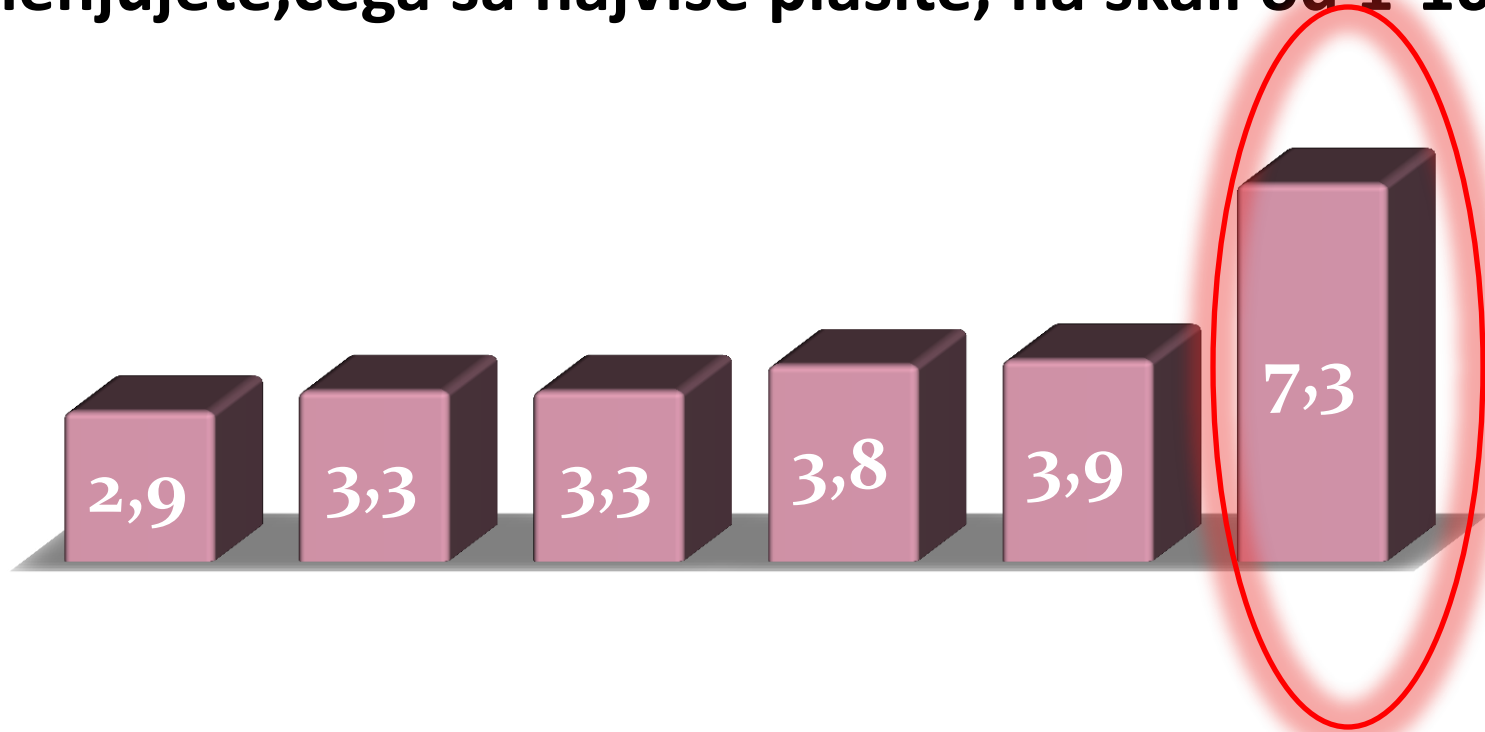
2/3 ispitanika ima razlog koji ih sprečava da liječe kancerski bol opioidima !!!



Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"

**Pitanje** : Ako su ND opioda prepreka da ih primenjujete, čega sa najviše plašite, na skali od 1-10?



Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Profil prosječnog ljekara opšte medicine u primarnoj zdravstvenoj zaštiti:

- ❖ Preopterećen birokratijom i velikim brojem pacijenata
- ❖ Nema dovoljno znanja i iskustva u terapiji hroničnog kancerskog bola
- ❖ Neće samostalno uvoditi opioidni analgetik u terapiju
- ❖ Neće samostalno povećavati dozu opioidnog analgetika
- ❖ Ima strah od ND, prije svega depresije disanja

## ŠTA JE RJEŠENJE OVOG PROBLEMA?

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Kontinuirana medicinska edukacija ljekara primarne zdravstvene zaštite iz oblasti terapije hroničnog kancerskog bola

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Zaključak:

- Mi smo edukovaniji – moramo širiti svoje znanje dalje!

**NIKO NIJE U STANJU DA URADI SVE, ALI  
SVAKO OD NAS MOŽE URADITI  
PONEŠTO !**

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

**90%**

**pacijenata sa uznapređovalim stadijumom bolesti  
žali se na bol**

ogromna populacija

od **4,5 miliona** ljudi

**(9 miliona** novootkrivenih malignih oboljenja  
godišnje,

**5 miliona** ljudi umire)

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

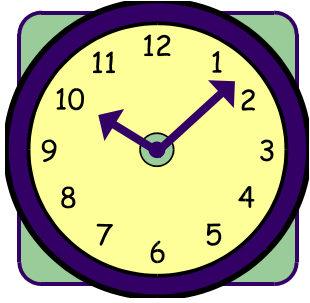
# Šta se čini, a šta je moguće učiniti?

- Zablude i predrasude o opioidnim analgeticima
- Adekvatna primjena (razjasniti zavisnost, toleranciju i neželjena dejstava opioida)
- Razmotriti propisivanje opioida (restriktivnost? dostupnost?)

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*





*oralno*  
*“po satu”*  
*“princip stepenica”*  
Individualni pristup  
Obraćanje pažnje na detalje

# Farmakoterapija hroničnog kancerskog bola- principi SZO

Jaki opioidi  
+/- koanalgetici

**Jak bol (7-10)**

Slabi opioidi  
+/- koanalgetici

**Umjeren bol (4-6)**

Neopioidi  
+/- koanalgetici

**Blag bol (0-3)**



## **SZO Princip stepenica**

**procjenjena jačina bola određuje izbor analgetika**

**ukoliko se bol pojačava, prelazi se na sljedeću analgetsku stepenicu**

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

Analgetska ljestvica SZO može da ublaži bol kod 70-90% pacijenata sa hroničnim kancerskim bolom

*Zenz, Colleau, 1998*



...ali čak kod 10-30% pacijenata nije postignuta zadovoljavajuća kontrola bola i oni nepotrebno pate...

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# HEPMP-edukativni seminar

- **Opiofobija- *prepreke* za uspješno liječenje bola kod oboljelih od malignih bolesti**

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# 1. OPIOFOBIJA

(neosnovan strah od opioida)

- kod ljekara
- kod bolesnika

2. Nacionalne / državne kampanje za borbu protiv narkomanije koje ignorišu medicinsku opravdanost opioida

3. Neinformisanost (neznanje)

4. Zakonska regulativa

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Opiofobija

- Razlozi za neuspjeh: mnogobrojni
- Opiofobija: jedan od najvažnijih
- **Pretjerani strah od terapijske upotrebe opioida**
- Opiofobi: rizik od opioidnih analgetika preveliki u odnosu na terapijsku korist
- Opioidi se izbjegavaju
- Posljedice → neuspješno liječenje bola, nepotrebna patnja bolesnika i njegove porodice
- Opiofobija raširena, prisutna na svim nivoima: zdravstveni radnici, pacijent/porodica, javnost

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Opiofobija- pacijenti

- "To je droga, neću da postanem narkoman."
- „Kada jednom počnem da koristim te lijekove nikada neću moći da ih ukinem.“
- „Ako počnem rano da koristim jak lijek protiv bola, kasnije kada mi stvarno bude potreban on neće djelovati“
- „Znam ja te lijekove za liječenje bola, to znači da mi je blizu kraj.“
- „Mogu ja još da izdržim, nisam ja još za te lijekove, nisam slabić“.
- „Plašim se da ne budem ošamućen. Plašim se da ću stalno spavati i da neću moći da se probudim ako pijem te lijekove.“

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Opiofobija- pacijenti

- „**Toliko me boli da ću prihvatiti sve lijekove, čak i one najgore.**”
- U ovoj izjavi objedinjeni su svi strahovi :
  - – strah bolesnika da će postati narkoman
  - – strah da se bliži kraj života
  - – strah da kada jednom počne sa primjenom ovih lijekova, oni nikada više neće biti ukinuti
  - – strah da ako se rano počne sa jakim lijekom on neće djelovati ako se bolovi pojačaju
- Opioidi nisu “najgori lijekovi”, to su lijekovi kao i svi drugi. Dugogodišnje iskustvo pokazuje da su opioidi najefikasniji i najbezbjedniji lijekovi za otklanjanje dugotrajnog kancerskog bola

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Prepreke za uspješan tretman hroničnog kancerskog Zdravstveni radnici

## bola

- Nedovoljna edukacija i znanje o tretmanu bola
- Nedostatak vještina vezanih za uspješnu procjenu bola
- Pretjerivanje u procjeni rizika vezanog za upotrebu opioda

## Zakonodavac

- Nije prioritet
- Restriktivna politika
- Nedostupnost

# opiiofobija

## Bolesnik i porodica

- Strah da bol znači blisku smrt
- Odbija da prizna
- “bol je neminovan”
- “Nije dobar pacijent”

- Javnost

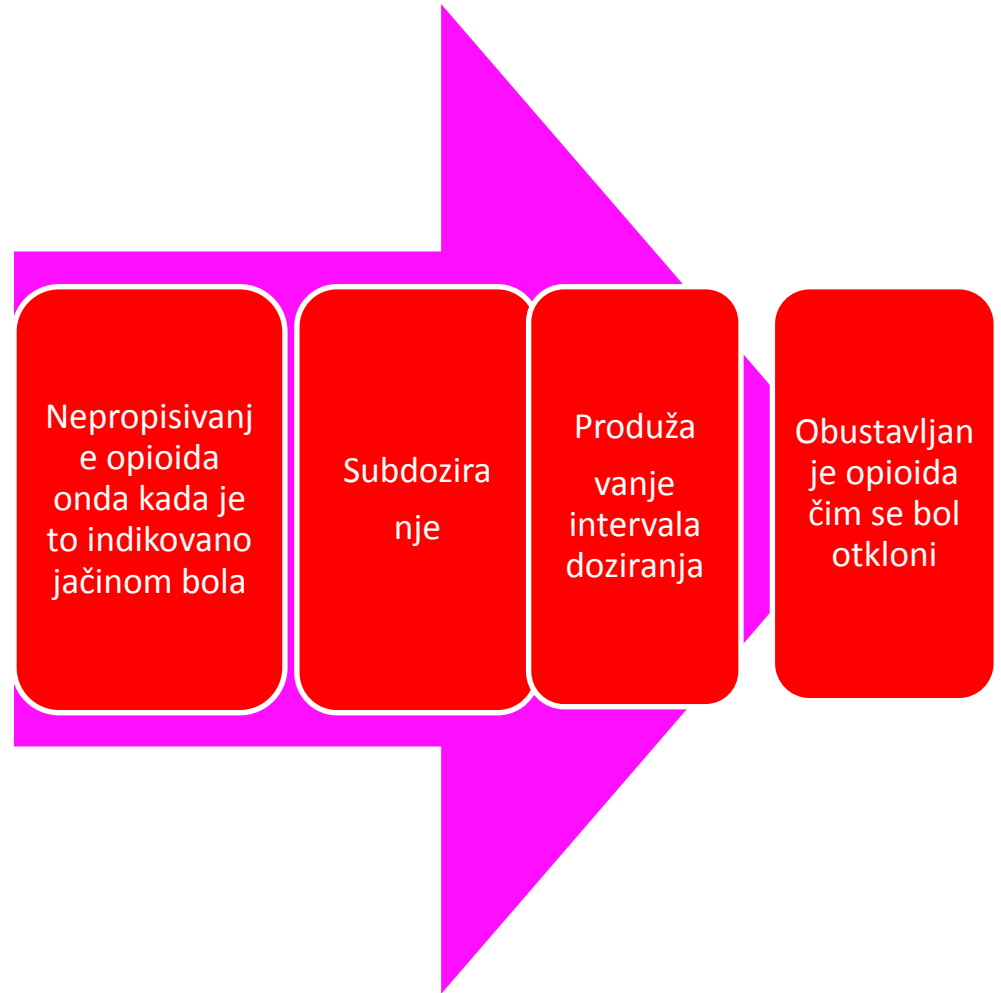
Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)



# Opiofobija

## Strah

- ... od razvoja jatrogene zavisnosti
- ... od razvoja tolerancije
- ... od neželjenih
- dejstava opioida
- Restriktivni propisi za propisivanje opioida



# Tolerancija

- Smanjenje analgetskog efekta opioida poslije ponavljanja određene doze
- Tolerancija na analgetički efekt se ne razvija brzo
- Tolerancija: ↓ efekta opioida - **razmotriti i druge moguće razloge za pojačanje bola!**
- Potreba da se doza poveća je najčešće rezultat objektivnog pojačanja bola (*pseudotolerancija*)

# Tolerancija

- **Prevazilaženje tolerancije**
- 1. prelazak sa slabog na jak opioid ili povećanje doze jakog opioida
- Za razliku od slabih, jaki opioidi nemaju tzv. maksimalnu dozu (doza lse povećava do prestanka bola ili do pojave neželjenih dejstava koja se ne mogu kontrolisati)
- 2. “rotacija opioida” - prelazak sa jednog jakog opioida na drugi

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Primjenu opioida indikuje JAČINA bola

Nezavisno od stadijuma bolesti ili očekivanog preživljavanja

Nezavisno od tipa bola (nociceptivni vs. neuropatski)

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Jatrogena zavisnost od opioida

- Komitet eksperata SZO: opiodi izazivaju fizičku zavisnost i toleranciju
- Dodatno razjašnjenje 2006. godine → pojava fizičke zavisnosti i/ili tolerancije kod bolesnika koji dugotrajno uzimaju opioide radi liječenja bola ne označava istovremeno i patološku zavisnost od opioida
- Fizička zavisnost i tolerancija su očekivane posljedice dejstva lijeka
- Same po sebi nisu dovoljne za dijagnozu zavisnosti
- Potrebno je prisustvo i drugih fenomena, koji čine tzv. *sindrom zavisnosti* (neodoljiva želja da se koristi lijek, gubitak kontrole, poremećaj funkcionisanja)

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"

# Jatrogeno izazvana zavisnost

- Jatrogeno izazvana zavisnost **rijetka** (oko 2% bolesnika)
- Fizička zavisnost: adaptacija organizma na prisustvo opioda
- Apstinencijalni sindrom kod naglog obustavljanja (smanjenje doze, ↓ koncentracija lijeka u krvi, upotreba antagonista opioidnih receptora)

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Jatrogeno izazvana zavisnost

- Fizička zavisnost se razvija ako se opiodi redovno koriste tokom 3-4 nedelje
- Nije prepreka ukidanju opioda kada više nisu potrebni
- **Dozu opiodnog analgetika postepeno smanjivati (npr. za 50% svaka 3 dana) i potom ukinuti**
- Ne preporučuje se da se interval između doza povećava!
- 

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

**E  
D  
U  
K  
A  
C  
I  
J  
A**

- Treba da se odvija u dva pravca
  - informisati o smjernicama SZO
  - prevazići predrasude i promijeniti stav ljekara prema opioidnim analgeticima i njihovom učinku u terapiji malignog bola
- Edukativnim programima podići svijest profesionalaca o tome do koje mjere njihov negativan stav može da šteti kliničkim odlukama koje donose.
- “Tretman bola mora se dovesti na nivo prioriteta, poistovetivši liječenje bola sa liječenjem bolesti” (Weinstein)

Papaver somniferum L.

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)



## Preporuke SZO:

Ne smije da bude zabune izmedju  
odgovarajuće, kliničke upotrebe  
narkotika i njihove moguće  
zloupotrebe !

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Neželjena dejstva opioida

- Dobro poznata, mogu da se spriječe i kontrolišu
- Na većinu neželjenih dejstava razvija se tolerancija i ona se spontano povlače tokom vremena
- Trajno neželjeno dejstvo opioida je opstipacija
- Neželjena dejstva koja limitiraju dozu jesu mioklonus, delirijum, konfuzija i halucinacije

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Neželjena dejstva opioida

<b>INICIJALNA</b>	<b>TRAJNA</b>	<b>RIJETKA</b>
<b>mučnina i povraćanje</b>	<b>opstipacija</b>	<b>Suvoća usta</b>
<b>Nesvjestica</b>		<b>Znojenje, svrab</b>
<b>Sedacija, konfuzija</b>		<b>delirijum</b>

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Neželjena dejstva opioida

- Zdravstevni radnici: strah od pojave depresije disanja
- **Depresija disanja je potencijalno fatalno neželjeno dejstvo opioida, ali se na ovaj efekt brzo razvija tolerancija**
- **Bol se suprotstavlja depresornom efektu opioida na disanje**
- Depresija disanja izuzetno rijetka kada postoji bol i kada se doza opioida pažljivo i individualno titrira
- Ne razvija se naglo, obično joj prethode druga neželjena dejstva (mučnina, povraćanje i pospanost)
- Izbjegavati kombinacije opioida sa drugim lijekovima koji djeluju depresorno na disanje, naročito sa benzodiazepinima

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# Neželjena dejstva opioida

- Uklanjanje/ublažavanje:
  - smanjenje doze opioida (+ adjuvantni analgetici, nefarmakološke metode RT) - promjena načina primjene ( per os vs transdermal)
  - rotacija opioida
  - simptomatska terapija

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

## Istina: *“Hronični bol rađa patnju”*

- Hronični bol NIJE svrsishodan, nema protektivnu funkciju
- Hronični bol NIJE simptom, već bolest sama po sebi
- Energična prevencija, dijagnostika i liječenje !

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

## *Na zajedničkom smo zadatku -*



Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

*Jaki opioidi postoje da bi ih koristili, a ne da bi ih izbjegavali!*

*Njihovu upotrebu indikuje isključivo jačina bola, a ne prognoza ili očekivano preživljavanje bolesnika!*

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*



# **„USPOSTAVITI DOBRU KONTROLU BOLA UZ ADEKVATNU PSIHOLOSKU I SOCIJALNU PODRSKU“**

*Zapamtite –*

*Pravo svakog pacijenta je da živi  
dostojanstveno do kraja života i da  
umire sa što manje patnje i bola*

Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*

# HVALA NA PAŽNJI



Project number: 585927-EPP-1-2017-1-RS-EPPKA2-CBHE-JP (2017 – 3109 / 001 – 001)

*"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"*