

PAIN ni iki?

Igerageza ry'Ubufasha bwo kuvura ububabare butangwa mbere yo kuja kwa muganga cyangwa PAIN ni ubushakashatsi buri gukorwa bwo kugereranya imiti ibiri igabanya ububabare, Fentanyl na Ketamine, bwahabwa abarwayi bagize ibikomere bikabije bakeneye kugabanyirizwa ububabare mbere y'uko bagera kwa muganga.

Kugabanya ububabare umuntu agira nyuma yo kugira ibikomere bikomeye ni kimwe mu by'ingenzi bikorwa mu kwita ku murwayi wagize ibikomere. Imiti igabanya ububabare ya Opoide nka Fentanyl, ikunda gukoreshwa mu kuvura ububabare. Ubu bushakashatsi bugereranya Fentanyl na Ketamine, yo ikaba itari mu bwoko bwa opoide, kugira ngo harebwe niba abantu barushaho kugira ingaruke nke cyangwa zidakabije cyane mu gihe umuntu afatiye umuti ku wundi. Tuzarebera hamwe ibizava muri ubu bushakashatsi kugira ngo turushaho gusobanukirwa neza uburyo buboneye bwo kuvura ububabara ku bandi barwayi bazaba barembye.

Ni iki gituma ubu bushakashatsi buba irengayobora ku Kwemeranya kwatangiwe ibisobanuro (EFIC)?

Sura umurongompuza cyangwa usabe itsinda riri gukora ubushakashatsi (PAINStudy@uvmhealth.org) ibisobanuro birambuye by'impamvu ubu bushakashatsi buri gukoranwa umwihariko ugereranyije n'ukundi Kwemeranya kwatangiwe ibisobanuro › <https://www.litesnetwork.org/projects/emergency-research>

Ubu bushakashatsi bugenzurwa gute?

Sura umurongompuza cyangwa usabe itsinda riri gukora ubushakashatsi (PAINStudy@uvmhealth.org) ibisobanuro birambuye by'uburyo ubu bushakashatsi kimwe n'ubushakashatsi bwose bwa EFIC bugenzurwa bukanakurikiranwa › <https://www.litesnetwork.org/projects/emergency-research>

Ni nde uzabugiramo uruhare?

PAIN izagirwamo uruhare n'abantu bakuze:

- Abagabo bafite imyaka 18 kuzamura n'abagore bafite imyaka 50 kuzamura
- Abarwayi bagize ibikomere bikabije basaba guhabwa imiti y'ububare binyuze muri IV
- Abarwayi bajyanywe kwa muganga bahabwa serivisi za PAIN

Ubu bushakashatsi buri gukorerwa hehe?

Ubu bushakashatsi buri gukorerwa ku bigo bikurikira byakira indembe mu gihugu hose:

- Ibitaro bya UPMC Presbyterian Hospital n'ibitaro bya UPMC Mercy Hospital (Pittsburgh, PA)

- Ibitaro bya Allegheny General Hospital (Pittsburgh, PA)
- Ibitaro bya Cooper University Hospital (Camden, NJ)
- Ibitaro bya Froedtert Hospital (Milwaukee, WI)
- Ibitaro bya UC San Diego Medical Center (San Diego, CA)
- Ibitaro bya Zuckerberg San Francisco General Hospital (San Francisco, CA)
- Ibitaro bya University of Cincinnati Medical Center (Cincinnati, OH)
- Ibitaro bya University of Utah Hospital (Salt Lake City, UT)
- Ibitaro bya 1 Carolinas Medical Center (Charlotte, NC)
- Ibitaro bya Robert Packer Hospital (Sayre, PA)
- Ibitaro bya University of Vermont Medical Center (Burlington, VT)
- Ibitaro bya University of Wisconsin University Hospital (Madison, WI)

Ubu bushakashatsi buzamara igihe kingana gute?

Ubu bushakashatsi buzakorwa ku barwayi bagera kuri 994 mu gihe cy'imyaka myinshi. Nk'uko bigenda ku mishinga yose ya LITES EFIC, amakuru mashya yerekeranye n'ubu bushakashatsi azajya ashirwa kuri <https://clinicaltrials.gov/study/NCT05437575>

Ni bande batera inkunga ubu bushakashatsi?

Ubu bushakashatsi buterwa inkunga na Minisiteri y'ingabo (DoD), mu masezerano W81XWH-16-D-0024, Iteka ry'ibikorwa W81XWH19F0539, mu ntego yayo yo kugaragaza tekiniki zishingiye ku bimenyetso mu kurokora ubuzima bw'abantu n'ingamba zo guha indembe ubuvuzi buboneye.

Kubera iki hakenerwa uburyo bwo kugabanya ububabare mbere yo kugera kwa muganga?

Abarwayo barembejwe n'ibikomere bikabike bakenera guhabwa imiti y'ububabare mu buryo bwihuse cyane. Gutanga imiti y'ububabare umuntu akigira ibikomere bikomeye bigira akamaro kenshi, harimo:

- Kugabanya uburibwe
- Gufasha abatanga serivisi za EMS gutanga imiti irokora ubuzima bw'umuntu (Urugero: Kuzirika imitsi idudubiza amaraso, guhambira amagufa cyangwa ingingo byagize ikibazo) mu buryo butagoranye
- Bishobora kugabanya ibyago byakugariza ubuzima bitewe n'ibikomere
- Bishobora kugabanya ibibazo by'igihe kirekire nk'ububabare buhoraho n'ihungabana rikomoka ku bikomere (PTSD)

Kubera iki iyi miti iri mu bigize ubushakashatsi kandi yose ikoreshwa nk'intunganizi z'ubuvuzi?

Kugabanya ububabare umuntu agira nyuma yo kugira ibikomere bikomeye ni kimwe mu by'ingenzi bikorwa mu kwita ku murwayi wagize ibikomere. Imiti igabanya ububabare ya

Opoide nka Fentanyl, ikunda gukoreshwa mu kuvura ububabare. Ubu bushakashatsi buzagereranya fentanyl na ketamine, yo ikaba itari mu bwoko bwa opoide, kugira ngo harebwe niba abantu barushaho kugira ingaruke nke cyangwa zidakabije cyane mu gihe umuntu afatiye umuti ku wundi. Fentanyl na Ketamine, kuri ubu yombi ikoreshwa mu kuvura ububabare ku barwayi mbere y'uko bagera kwa muganga, ariko bizwi ko umwe ari wo mwiza cyane ku barwayi bagize ibikomere bikomeye. Turi gukora ubu bushakashatsi kugira ngo harebwe niba umuti umwe ari wo mwiza kurusha undi.

Ni ibihe byago iyi miti ishobora gutera? Hari akamaro igira?

Abarwayi bazakorerwaho ubushakashatsi bazahabwa wenda Fentanyl cyangwa Ketamine kugira ngo bagabanyirizwe ububabare.

Umuti w'ububabare uwo ari wo wose ushobora gutera ibyago runaka; icyakora, ntibikunda kubaho, cyane cyane ku bipimo bito by'umuti bizajya bitangwa muri ubu bushakashatsi. Fentanyl ishobora kuba yatera umuvuduko muto w'amaraso, kugabanuka kwa ogusijene mu mubiri no gukenera ipombo yongera umwuka. Rimwe na rimwe, Ketamine ishobora gutuma umuntu yumva majwi akanabona amashusho y'ibintu bidahari, ubushake budasanze, kwiheba cyangwa kumva uri wenyine.

Ntabwo tuzi neza niba hari akamaro ko guhabwa umuti wafashe n'undi, ari abakora ubushakashatsi bumva ko igipimo gito cya Ketamine gishobora kuba byiza kurushaho mu kugabanya ibyago byo gupfa n'ingaruka zikomeye z'ubuzima ku barwayi bagize ibikomere bikomeye bafite ububabare.

Ni gute abantu baba bamwe mu bakorerwaho ubushakashatsi?

Abantu bashobora kwitabira ubushakashatsi bwa PAIN mu gihe bagize ibikomere bikabije, bakenye imiti y'ububabare kandi bakaba bari kwitabwaho ku bitari biri mu bikorerwamo ubushakashatsi bwa PAIN.

Ubusanzwe, abakora ubushakashatsi bagomba gusaba umuntu ko abyemerera mbere yo kuba umwe mu bitabira ubushakashatsi - bisobanuye gusoma amakuru. kuganira n'abaganga n'abaforomo no kugira igihe cyo gutekereza neza niba wabwinjiramo. Ibikomere bikabije bigonba guhita bivurwa, bityo rero hashobora kutaboneka igihe gihagije kugira ngo umuntu wagize ibikomere abashe kwemera gukorera igerageza rya PAIN, Rimwe na rimwe, abakora ubushakashatsi bashobora kuvugisha umuryango w'umuryango kugira ngo bawusabe kubyemera. Icyakora, mu gihe hakenewe ubutabazi bwihutirwa kubera ibikomere bikomeye, akenshi umuryango ntuba uhari cyangwa ntunaboneke mbere y'igihe umuryango wagize ibikomere agomba kuvurwa.

Ubu bushakashatsi ntibwamukorerwaho hatabanje gutangwa uruhushya rwihariye kugira ngo haboneke abagabo mbere yo kubona uburenganzira. Uru ruhushya rwitwa Irengayobora ku Kwemeranya kwatangiye ibisobanuro cyangwa EFIC. Iyo umuntu watangiye kuba umwe mu bakorerwaho ubushakashatsi yorohewe akaba ashobora kubyemera cyangwa umuryango we ukagera kwa muganga, abakora ubushakashatsi basaba ko ukwemeranya kwakomezanya n'ubushakashatsi. Ukeneye ibindi bisobanuro byerekeranye na EFIC, wasura:

<https://www.litesnetwork.org/projects/emergency-research>

Ni gute nava mu bushakashatsi?

Ushobora kuva mu bushakashatsi uhamagaye kuri 1-800-664-0557, ukohereza imeyiri kuri PAINstudy@edc.pitt.edu, cyangwa ukuzuzza ifishi iri ahagana hasi kuri www.LITESnetwork.org/PAIN bityo ihuriro rya LITES Network rikaba ryaguha agakomo ko kwambara kadatera ikibazo ku mubiri kagaragaza ko uari mu bakorerwaho ubushakashatsi.

Niba ushaka kutazitabira ubushakashatsi nyuma yo kugira ibikomere, ushobora kubyangira igihe cyose uri guhabwa ubuvuzi na EMS. Zirikana ko kuva mu bushakashatsi bivuze ko utazitabira ubushakashatsi gusa. Kuva mu bushakashatsi ntibituma udahabwa imiti y'ububabare nka kimwe mu bigize ubuvuzi bisanzwe.

Bigenda gute iyo umuntu yambitswe agakomo ko kuva mu bushakashatsi, ariko ntakambare mu gihe ari kwitabwaho na EMS?

Mu gihe uhawe agakomo ko kuva mu bushakashatsi ariko ntakambare mu gihe wagize ibikomere, birashoboka ko waba mu bakorerwaho ubushakashatsi, keretse iyo wowe cyangwa umurwaza wawe mushobora kuvuga ko mudashaka kuba mu bakorerwaho ubushakashatsi. Iyo bibayeho, ushobora guhabwa imiti ikorerwaho ubushakashatsi, Fentanyl Citrate cyangwa Ketamine hydrochloride, yose ikaba ikunda guhabwa abarwayi bagize ibikomere mu kubavura ububabare.

Zirikana ko kuva mu bushakashatsi bivuze ko utazitabira ubu bushakashatsi gusa. Kuva mu bushakashatsi ntibituma udahabwa imiti y'ububabare (ikunda kuba irimo umwe muri iyi miti ibiri) nka kimwe mu bigize ubuvuzi bisanzwe.

Iyo mpisemo ko nzajya mpamagarwa kugira ngo nkurikiranwe, ni izihe nshingano mba mfite mu gihe cy'amezi 6 yo gukurikiranwa? Ni ibihe bizami na gahunda nakwitega?

Igi gihe cy'amezi atandatu yo gukurikiranwa ni ubushake. Nutacyitabira, ntabwo abagize itsinda rikora ubushakashatsi bazaguhamagara.

Niba ushaka kwitabira kandi ukabyemera, nta bindi bizami cyangwa gahunda zo kwa muganga uzasabwa. Ahubwo, uzaha abagize itsinda rikora ubushakashatsi aderesi bakubonaho kandi wuzuze ubushakashatsi bwerekeranye n'uko wagiye wumva ububabare, ukwiheba n'imiti y'ububabare. Abagize itsinda rikora ubushakashatsi bazongera bakuvugisha ku mezi 3 no ku mezi 6 bakubaza ibibazo nk'ibyo byerekeranye no kuba ububabare bugikomeje, ugifata imiti y'ububabare, ukwiheba n'ikibazo cy'agahinda ugira nyuma yo kugira ibikomere. Ushobora guhitamo guhagarika kwitabira ubwo bushakashatsi igihe icyo ari cyo cyose.

Bigenda gute iyo umuntu ahisemo kutitabira?

Kwitabira ubushakashatsi bishobora guhagarara igihe icyo ari cyo cyose. Umurwayi cyangwa ugize umuryango we bireba akenera kubimenyesha abagize itsinda rikora ubushakashatsi gusa.

Iyo mu gihe runaka umurwayi cyangwa ugize umuryango we bireba bacize intege, bakagaragaza ko badashaka kwitabira ubushakashatsi, ni uburenganzira bwabo. Iyo bibaye mbere y'uko umuti ukorerwaho ubushakashatsi utanzwe, umurwayi avurwa hakurikijwe uburyo bw'ubuvuzi busanzwe butangwa ku bijyanye n'ubuwayi afite, harimo guhabwa imiti y'ububabare ishobora kubamo Fentanyl citrate cyangwa Ketamine hydrochloride.

Mu bitaro, abakora ubushakashatsi basobanurira ubushakashatsi umurwayi n'abagize umuryango we maze bakabasaba kwemera ko umurwayi wabo akomeza gukorerwaho ubushakashatsi. Iyo umurwayi cyangwa ugize umuryango we bumva bacitse intege, badashaka kwemera cyangwa bakagaragariza mu icyo kiganiro cyangwa nyuma y'uko umuti ukorerwa ubushakashatsi utanzwe ko badashaka kwitabira ubushakashatsi, suzuma amakuru y'ubuvuzi (ku mpamvu z'umutekano no kureba ko umuti umwe ushobora kuba mwiza kurusha undi) birahagarara kandi ntibuzuza ubushakashatsi.

Ndi ndi mu bakorerwaho ubushakashatsi, nshobora kubona umuti mpabwa uwo ari wo?

Abarwayi bitabira ubushakashatsi bwa EFIC bwemejwe na FDA ntibakunda kubwirwa imiti bahabwa mu gihe ubushakashatsi butarashyirwa ahagaragara. Bivuze ko haba umurwayi ndetse n'umuganga batabwirwa umuti watanze kugira ngo hirindwe imyumvire runaka itwererwa umuti. Umurwayi n'umuganga bombi bamenyeshwa ko umurwayi ari guhabwa umuti ukorerwaho ubushakashatsi, ushobora kuba Fentanyl citrate cyangwa Ketamine hydrochloride. Imiti yombi ikunda gukoreshwa mu kuvura ububabare. Iyo hari ikintu cyendaga kuba maze umuganga uri kuvura umurwaye agakenera kumenya umuti yahawe, hateganyijwe uburyo bwo guhita abyo makuru mu buryo bwihuse.

Byashoboka ko mu bushakashatsi buri mu bihe biri imbere abarwayi bashobora guhabwa inkingo batabanje kubyemera?

Ubushakashatsi bwa PAIN si igeragezwa ry'inkingo kandi ubushakashatsi bw'inkingo ntabwo buri mu birebana n'imigirire y'ihuriro rya LITES Network. Biryo rero, ntidushobora kugira icyo tuvuga ku nkingo zisuzumwa hakoreshejwe ubushakashatsi busaba Irengayobora ku Kwemeranya kwatangiwe ibisobanuro.