

## 7. Επίλογος

Η παρούσα κατευθυντήρια οδηγία αποτελεί προϊόν μεθοδολογίας και επιστημονικής τεκμηρίωσης, καθώς συνοψίζει και αξιολογεί όλα τα διαθέσιμα επιστημονικά δεδομένα για το Άσθμα. Σκοπός της είναι να βοηθήσει το γενικό ιατρό, τους άλλους ιατρούς και τους επαγγελματίες υγείας στην Πρωτοβάθμια Φροντίδα Υγείας στην παροχή φροντίδας που να βασίζεται στην τεκμηρίωση, συμβάλλοντας έτσι στη βελτίωση της ποιότητας των παρεχόμενων υπηρεσιών υγείας.

Αν και εκδίδονται σε τακτική βάση διεθνείς Κατευθυντήριες Οδηγίες υψηλής τεκμηρίωσης, υπήρχε μεγάλη ανάγκη σύνταξης εθνικών οδηγιών που να είναι προσαρμοσμένες στις συνθήκες που επικρατούν στην Ελλάδα, ως προς τους παράγοντες κινδύνου της νόσου, τις αντιλήψεις, τον τρόπο ζωής, τις κοινωνικοοικονομικές συνθήκες και τη δομή του συστήματος υγείας.

Αναμένεται ότι οι ιατροί γενικής ιατρικής και οι άλλοι επαγγελματίες υγείας στη Π.Φ.Υ., κατά την άσκηση των καθηκόντων τους θα χρησιμοποιήσουν τις οδηγίες στη καθημερινή πρακτική και ιδιαίτερα στις κλινικές αποφάσεις τους. Αναμφίβολα, αυτές δεν μπορούν να υποκαταστήσουν τον θεράποντα ιατρό και την επιστημονική του κρίση, όπως επίσης και την ευθύνη στη διαχείριση των ασθενών του, ωστόσο αποτελούν ένα ευέλικτο εργαλείο για την υποστήριξη της κλινικής απόφασης που βασίζεται στη σύγχρονη επιστημονική γνώση και πληροφορία.

Εκ μέρους της ομάδας του έργου του Πανεπιστημίου Κρήτης, της ομάδας ανασκόπησης και της Ελληνικής Εταιρίας Γενικών Ιατρών θα καταβληθεί κάθε δυνατή προσπάθεια να καταστεί αποτελεσματική η εφαρμογή της παρούσας Κ.Ο. από τις δομές Π.Φ.Υ. της χώρας μας, μέσω της διανομής έντυπου υλικού με τις συστάσεις για τη διαχείριση του άσθματος που θα απευθύνεται στους επαγγελματίες υγείας και σε όλους τους πιθανούς αποδέκτες, καθώς και την ηλεκτρονική διάθεση της από ειδικό ιστότοπο που θα δημιουργηθεί για το σκοπό αυτό. Φυσικά η διάδοση και χρήση της οδηγίας αυτής εναπόκειται και στις ενέργειες του Υπουργείου Υγείας και ιδιαίτερα της Διεύθυνσης ΠΦΥ που μετά της επιδοκιμασία από το ΚΕ.Σ.Υ. αναλαμβάνει και τη συνολική ευθύνη της επιδοκιμασίας και διανομής. Δέσμευση του Πανεπιστημίου Κρήτης, του Επιστημονικά Υπεύθυνου και της ομάδας σύνταξης αποτελεί ο εμπλουτισμός και η αναθεώρηση της παρούσας Κ.Ο. με βάση τα νέα ερευνητικά και επιστημονικά δεδομένα στο μέλλον, καθώς και η συμβολή της, σε συνεργασία με την Ελληνική Εταιρία Γενικής Ιατρικής στην αξιολόγηση της εφαρμογής και της αποτελεσματικότητας αυτής της Κ.Ο.

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## Παράρτημα 1: Γλωσσάριο

1. Π.Φ.Υ.: Πρωτοβάθμια Φροντίδα Υγείας
2. Κ.Ο.: κατευθυντήριες οδηγίες
3. FEV<sub>1</sub>: Forced expiratory volume in 1 second
4. RCT: Randomized controlled trial
5. SR: Systematic Review
6. CAT: Critical Appraisal tool
7. ΜΣΑΦ: Μη στεροειδή αντιφλεγμονώδη φάρμακα
8. FVC: Forced vital capacity
9. ΧΑΠ: χρόνια αποφρακτική πνευμονοπάθεια
10. PEF: Peak expiratory flow
11. ACQ: Asthma Control Questionnaire
12. ACT: Asthma Control Test
13. RCP3Q :Royal College of Physicians 3 questions
14. ATAQ: Asthma Therapy Assessment Questionnaire
15. IgE: Immunoglobulin E
16. ACSS: Asthma Control Scoring System
17. kPa: Kilopascal
18. µg: microgram
19. IU: international unit
20. MARS-A: Medication Adherence Report Scale for Asthma
21. VEmax: ventilation at maximal exercise capacity
22. PPSV: πολυσακχαριδικό πνευμονιοκοκκικό εμβόλιο, (Pneumococcal polysaccharide vaccine)
23. PCV-13: 13-ασθενές πνευμονιοκοκκικό συνεζευγμένο εμβόλιο



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