

Gastroenterologija v Sloveniji

Gastroenterology in Slovenia

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Gastroenterologija je multidisciplinarna veda, v kateri sodelujejo gastroenterologi in abdominalni kirurgi, skupaj z internisti, kirurgi, radiologi, patologi in pediatri, usmerjenimi v gastroenterologijo. Benigne in maligne bolezni prebavil predstavljajo eno tretjino vseh bolezni v Sloveniji. Najpogostejše benigne bolezni so gastroezofagealna refluksna bolezen, dispepsija, holecistolitiza in sindrom razdražljivega črevesa. Najpogostejše maligne bolezni prebavil so rak debelega črevesa in danke, gastroenteropankreatični neuroendokrini tumorji, rak želodca in rak trebušne slinavke. Zaradi vse večjega števila bolnikov in novih diagnostičnih ter terapevtskih metod se je delo gastroenterologov na sekundarnem in terciarnem nivoju spremenilo. Ob spremenjeni zahtevnejši patologiji so diagnostične obdelave vse hitrejše, hospitalizacije vse krajše, zato je nujno potrebno dobro sodelovanje z drugimi specialisti še posebej s specialisti družinske medicine.

Leta 2012 je bilo v Sloveniji, ki ima 2 milijona prebivalcev v 10 regionalnih bolnišnicah in v dveh univerzitetnih klinikah zaposlenih 59 specialistov gastroenterologov in 23 specializantov iz gastroenterologije. Obenem je bilo v teh ustanovah zaposlenih 61 abdominalnih kirurgov oz splošnih kirurgov, ki so usmerjeni v abdominalno kirurgijo ter 21 specializantov za področje abdominalne kirurgije. V Sloveniji v 10 ambu-

Gastroenterology is a multidisciplinary science, which involves collaboration between gastroenterologists and abdominal surgeons as well as general internal medicine specialists, surgeons, radiologists, pathologists and pediatricians focused on gastroenterology. Benign and malignant gastrointestinal diseases represent one third of all diseases in Slovenia. The most common benign diseases are gastroesophageal reflux disease, dyspepsia, cholecystolithiasis and irritable bowel syndrome. The most common malignant gastrointestinal diseases are colorectal cancer, gastroenteropancreatic neuroendocrine tumors, gastric cancer and pancreatic cancer. Due to the increasing number of patients and new diagnostic and therapeutic methods, the work of gastroenterologists on the secondary and tertiary level has changed. Newer diagnostic modalities have enabled advanced and faster diagnostics and therefore shorter hospitalisation stay. In light of this good cooperation with other specialists as well as general practitioners is essential.

The population in Slovenia in 2012 was 2 million. Its public health system included ten regional and two university hospitals. Altogether these hospitals employed 59 gastroenterology specialists (or general internal medicine specialists focused on gastroenterology) and 61 abdominal surgeons (or

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lantaih oz. diagnostičnih centrih deluje 17 specialistov gastroenterologov zasebnikov v 3 ambulantah pa 4 abdominalni kirurgi zasebniki. V UKC Ljubljana, ki pokriva 2/3 Slovenije je zaposlenih 20 specialistov gastroenterologov in 23 specialistov, abdominalnih kirurgov. V UKC Maribor je zaposlenih 8 specialistov gastroenterologov in 12 specialistov abdominalnih kirurgov.

Med tem ko so v obeh terciarnih ustanovah specialisti usmerjeni večinoma v gastroenterologijo, v regionalnih bolnišnicah gastroenterologi vsaj tretjino svojega časa namenijo splošni interni medicini. Vse bolnišnice imajo organizirano 24 urno urgentno gastroenterološko službo.

V letu 2012 je bilo zaradi bolezni prebavil hospitaliziranih 12.000 bolnikov na okoli 300 bolniških posteljah Povprečna hospitalizacija je bila 7.5 dni. V ambulantah je bilo zabeleženih 25.000 obravnav od tega je bilo 18000 bolnikov prvič pregledanih. V zasebnih ambulantah je bilo pregledanih še okoli 5000 bolnikov Narejenih je bilo okoli 30.000 gastrokopij od tega 5.500 v zasebnih ambulantah, 16.500 rednih kolonoskopij (5500 zasebniki) in okoli 10.000 kolonoskopij v državnem programu presejanja SVIT. Skupno je bilo narejenih okoli 2000 ERCP od tega 1000 v UKC Ljubljana 300 v Diagnostičnem centru Bled, ostalo v 8 regijskih bolnišnicah. V 7 ustanovah je bilo skupno narejenih okoli 2000 EUZ in 80 EUZ vodenih citoloških punkcij. V 8 ustanovah so gastroenterologi opravili 17.000 ambulantnih UZ preiskav. V 4 bolnišnicah opravljajo abdominalni UZ radiologi. Žal za leto 2012 nimamo podatkov o opravljenem številu operacij oziroma obravnav zaradi benignih in malignih bolezni prebavil.

Zdravljenje zahtevnih kirurških in gastroenteroloških bolnikov je v zadnjih letih centralizirano. Tako so radikalne operacije za rake prebavil večinoma v specializiranih ustanovah oziroma v ustanovah, kjer operirajo izkušeni operaterji z velikim številom operacij. Transplantacija jeter in trebušne slinavke se izvaja le v UKC Ljubljana.

general surgeons focused on abdominal surgery). There were 23 gastroenterology and 21 abdominal surgery residents in training. 17 gastroenterology specialists were employed in private out-patient clinics or diagnostic centers. 4 abdominal surgery specialists were employed in 3 out-patient clinics.

UKC Ljubljana provides medical care to about 2/3 of Slovenian population. It employs 20 gastroenterologists and 23 abdominal surgeons. UKC Maribor employs 8 gastroenterologists and 12 abdominal surgeons. Tertiary clinical center employed physicians focus mainly on clinical gastroenterology, while internal medicine specialists (focused on gastroenterology) in regional hospitals deal with general internal medicine cases in about a third of time. In all hospitals a 24-hour emergency gastroenterology service is organized.

In 2012, 12,000 patients were admitted due to gastrointestinal pathology. About 300 hospital beds were available on gastroenterology departments, average in-patient hospitalization stay was 7.5 days. 25,000 out-patient visits (18,000 of which for the first time) were recorded, another 5,000 patients were seen at private out-patient clinics or diagnostic centers. 30,000 gastroscopies (5,500 of which were in private clinics) and 16,500 colonoscopies (5,500 of which were in private clinics) were performed. Additional 10,000 colonoscopies were performed in the national screening program SVIT. The total of about 2000 ERCPs were performed, about 1000 at the University Medical Centre Ljubljana, 300 at the Diagnostic Centre Bled, the remainder in 8 regional hospitals. Seven institutions made a combined total of about 2000 EUS and 80 EUS-guided FNA. In eight institutions, gastroenterologists performed 17,000 ultrasound examinations, in four hospitals abdominal ultrasound is performed by radiologists. Unfortunately no data is available on number of surgical procedures for benign and malignant gastrointestinal diseases.

Treatment of complex surgical and gastroenterological patients in recent years was centralized. Thus, radical surgery for gastrointestinal cancers

Na Gastroenterološki kliniki v Ljubljani je bil ustanovljen oddelek za hepatologijo in transplantacijo jeter, oddelek za KVČB in biološko zdravljenje bolnikov s KVČB, enota za specifično onkološko zdravljenje tumorjev prebavil, gastroenteropankreatičnih neuroendokrinih tumorjev in GISTov, ob endoskopskem oddelku pa še enota za EUZ in EUZ vodene citološke punkcije in enota za funkcionalno diagnostiko.

V okvirih Združenja za gastroenterologijo in hepatologijo smo po priporočilih UEMS a izdelali natančen program šest letne specializacije iz gastroenterologije in si pridobili akreditacijo učnih centrov. Specializacija ima skupno deblo splošne interne medicine, ki traja 2 leti, 3 leta obveznega izobraževanja v klinični in endoskopski gastroenterologiji, zadnje, šesto leto je namenjeno individualnemu programu dodatnega učenja iz hepatologije, kronične vnetne črevesne bolezni, endoskopije ali internistične onkologije. Odločitev o izbiri je prepuščena izboru specializanta, njegovega mentorja in državnega koordinatorja za področje gastroenterologije.

Glede na čakalne dobe za prvi pregled in endoskopske preiskave menimo da je mreža gastroenterologov zasedaj zadovoljivo pokrita in jo bomo v bodoče le počasi poviševali. Glede na povprečno starost slovenskih gastroenterologov, 51 let zadnji dve leti in v bodoče večamo število specializacij iz gastroenterologije.

Združenje za gastroenterologijo in hepatologijo je bilo ustanovljeno leta 1967. leta v Rogiški Slatini. V 45 letih svojega delovanja je SZGH pripravilo 86 domačih strokovnih srečanj in 11 mednarodnih srečanj. Najpomembnejša naloga združenja so stalno strokovno izobraževanje, priprava smernic za diagnostiko in zdravljenje, urejanje specializacije iz gastroenterologije, širjenje mreže specialistov gastroenterologov, postavljanje normativov za diagnostične posege in zdravljenje ter skrb za vrednotenje gastroenterološkega dela.

V bodoče si želimo glede na potrebe in ekonomske zmožnosti dokončno izdelati mrežo specialistov gastroenterologov, abdominalnih kirurgov, inter-

is performed mostly in specialized institutions or in institutions providing experienced surgeons with a large number of operations. Liver and pancreas transplantation is performed only at the UKC Ljubljana.

Several subspecialized departments were established at Gastroenterology clinic in Ljubljana: Department of Hepatology and Liver Transplantation, Department of IBD and biological treatment, the unit for specific oncological treatment of tumors of gastrointestinal tract, neuroendocrine tumors and gastroenteropancreatic GIST, the endoscopic department consists of a separate EUS and EUS-FNA unit and a functional diagnostics unit.

Slovenian Association of Gastroenterology and Hepatology accepted a rigorous program of six-year specialization in gastroenterology according to the recommendations in the Blue book of UEMS. Local learning centers were accredited. Specialization includes a 2 years common trunk of general internal medicine, 3 years of compulsory education in clinical and endoscopic gastroenterology and elective year (individual additional training in hepatology, inflammatory bowel disease, endoscopy or medical oncology).

As the current waiting time for first examination and endoscopy is acceptable, we believe that the network of gastroenterologists is at the moment sufficient and will only slowly expand in the future. Due to the average age of Slovenian gastroenterologists being 51 years, the number of residents in training in the last two years was increased with another increase being planned in the near future.

Association of Gastroenterology and Hepatology was established in 1967 in Rogiška Slatina. In 45 years of its operation SZGH organized 86 national professional meetings and 11 international meetings. The most important tasks of the association are continuous professional education, development of national guidelines for the diagnosis and treatment, management of gastroenterology train-

nistov, kirurgov, radiologov, patologov in pediatrov usmerjenih v gastroenterologijo. Glede na znane normative specialista za zagotavljanje kakovostnega dela z bolniki, še posebej pri bolnikih, kjer so potrebni zahtevni posegi si bomo prizadevali smotrno delitev dela in centralizacijo posameznih obravnav v tri do štiri specializirane centre. Obenem si bomo prizadevali za tesno sodelovanje z vsemi drugimi strokami, še posebej s specialisti družinske medicine, saj na tem temelji napredek, smotrno načrtovanje diagnostike in zdravljenja ter racionalizacija oskrbe bolnika z boleznijo prebavil.

ing, expanding the network of gastroenterology specialists, setting the standards and evaluation of diagnostic interventions and treatment as well as assuring adequate financial compensation.

In the future, we plan to finalize the network of specialists gastroenterologists, abdominal surgeons, internists, surgeons, radiologists, pathologists and pediatricians focused on gastroenterology according to patient needs and economic capacity. Complex procedures should be referred to 3 or 4 specialized centers. We will strive to work closely with all other disciplines, especially with family medicine specialists, since only good cooperation enables optimal diagnosis and treatment planning as well as rational streamline patient care with gastrointestinal disease.