

Bigarren mahai-ingurua: Betiko gaixotasunak polifarmaziatik kanpo  
Pertsonengan oinarritutako zaintza eredua lotura fisiko eta  
kimikorik gabe. Lotura kimikoak murriztea eta kentzea  
*A people-focused model of care without physical or chemical limitations.  
Reduction and elimination of reliance on chemicals*

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## 1. Azalpena

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Urteak dira pertsonen zaintza pertsonarengan oinarritutako arreta eta zaintza-eredu baterantz aldatzen ari dela. Gizarte-erakundearen eremuan hasten da garatzen eredu hori, batez ere desgaitasunen bat duten pertsonen arreta ematen dieten erakundeetan. Ondoren, mendekotasuna duten adinekoentzako iraupen luzeko zainketen eremuan ezarri zen, erakunde soziosanitarioetara pasatzeko. Eta, azkenean, osasun-arretak zaintza-eredu hori aldatzeari ekin behar dio.

Pertsonarengan oinarritutako arretari buruz hitz egiten duten adierazleen artean, ez da loturarik erabiltzen, ez fisikorik, ez kimikorik. Pertsona ardatz duen zaintza-eredua, zalantzarik gabe, loturarik gabeko zaintza-eredua da. Gainera, loturak (fisikoak eta kimikoak) kentzea antolakuntza-aldaketaren bultzatzaile gisa erabiltzen da, erakunde zainketa-eraren beharretan oinarritutako eredu batetik pertsona zaindua ardatz duen eredu batera.

Duela 14 urtetik hona, CuidadosDignos Fundazioak zaintzen dituzten erakundearen eta gizartearen aldaketa bultzatzen du, pertsonarengan oinarritutako zaintza-eredu baterantz, aldaketa-bektore gisa lotura fisikoak eta farmakologikoak kentzea erabiliz. Horretarako, fundazioak berak sortutako Libera-CareAraua metodologia ezarri zuen; horren bidez, erakundeak pertsonarengan oinarritutako loturarik gabeko erakunde bihurtu zituen.

Libera-Care izeneko pertsonen arretaren paradigma-aldaketa hori mendekotasuna duten adinekoen egoitza-zaintzaren eremutik sortu zen, baina gaur egun asistentzia-maila guztietara egokitu da, eta zaintza-ingurune soziosanitario eta sanitario guztietan aplikatzen ari da, hala nola osasun mentalean eta ospitaleetan.

## 2. Loturak kendu ahal izateko hauek definitzen hasi behar da:

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### Lotura Fisikoa:

"Edozein ekintza edo prozedura, pertsona baten gorputza askatasunez mugitzea eragozten duena aukerako posizio batean, edota pertsona horren gorputzera normaltasunez sartzea eragozten duena, pertsonaren gorputzari atxikitzen edo eransten zaion edo haren ondoan dagoen eta berak erraz kontrolatu edo ezabatu ezin duen edozein metodo erabiliz" (Bleijlevens MH, Wagner LM, Capezuti, E, Hamers J, on behalf of the International Physical Restraint Workgroup. Physical Restraints:

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Consensus of a Research Definition Using a Modified Delphi Technique)

Lotura Kimikoa:

"Farmakoak erabiltzea, batez ere NSZ mailan jarduten dutenak, pertsonaren mugikortasuna murrizten dutenak. Beraz, bere jarduerak murriztuta geratzen dira (ohetik altxatzea, komunera joatea, gizarte-jardueretan parte hartzea...) jokabide desegoki edo gogaikarri bat maneiatzeko edo kontrolatzeko helburuarekin (adibidez: alderrai, hitzeko oldarkortasuna, zainketetan ez laguntzea, etab.), eta desordena psikiatriko diagnostikatu batean oinarritu daiteke edo ez. Baina pazientearen interesik onena bilatzeko, tratamendu ez hain jatrogenikoa dago. Beste era batera esanda, tratamendu hobea duen arazo bat kudeatzeko farmakoak (psikotropikoak ala ez) erabiltzea da" (Adaptado NLC de Tideiksaar (2005), Burgueño eta Urrutia).

Lotura kimikoa izango litzateke funtsezko bi baldintza betetzen ez dituen administrazio psikotropiko oro:

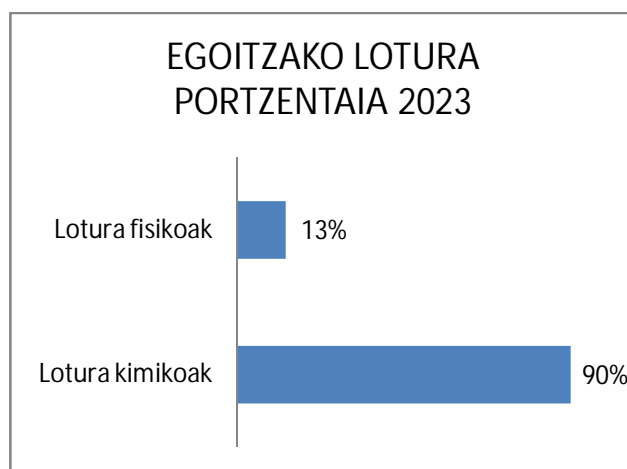
- Farmakoa eman aurretik, pazientearen eskubideak gutxiago mugatzen dituen terapia bat bilatzea, pertsonaren eskubideak gehiago babesten dituen:
  - o Kasu gehienetan jokabide gogaikarria edo desegokia agertzea saihesten duten edo pazientearentzat edo bere inguruarentzat arriskutsua izan daitekeen pertsonarengan zentratutako prebentzio-ekintzak: ingurune fisikoa hobetzea, tratua hobetzea, paziente bakoitzaren indibidualtasuna ardatz duten zaintza-prozesuak, etab.
  - o Terapia ez-farmakologikoak, psikoterapikoak, etab.
- Pazientearen onura bilatzean, pazientearen interes onenean eta haren autonomia babestean aplikatzea, aurreko neurriek porrot egin ondoren.

Hortik aurrera, metodologiari esker, loturak kentzen dira:

Lotura fisikoak kentzeko: 4 zutabe lantzen dira (Autonomia Onuragarria + Pertsonarengan Oinarritutako Zaintza Prozesuetara Aldaketa + Diziplinarteko Lana + Zaintza eta Loturen Alternatibak).

Lotura kimikoak kentzeko: 9 irizpide lantzen dira, Farmako Terapia vs Farmako Lotura bereizteko.

Aurkeztutako hitzaldian, adinekoen egoitza baten adibide praktikoa bat ikusiko da, Bermeoko Sancti Siphiritus egoitzarena. Egoitza horretan, pertsonarengan oinarritutako zaintza-eredu batera aldatu da, urtebeteko epean euskarri fisikoak zein farmakologikoak kenduz.



## EGOITZAKO LOTURA PORTZENTAIA 2024

Lotura fisikoak = 0%  
Lotura kimikoak = 0%

Lotura fisikoak eta kimikoak erabat murrizteko eta kentzeko prozesuaren emaitzek erakusten dute posible dela "lotu gabe zaintzea".

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