

Utmattelse / CFS / ME

Christer Suvatne

Spesialist i barnesykdommer

St. Olavs Hospital - barne og Ungdomsklinikken

Sliten/utmattelse

Sliten/utmattelse

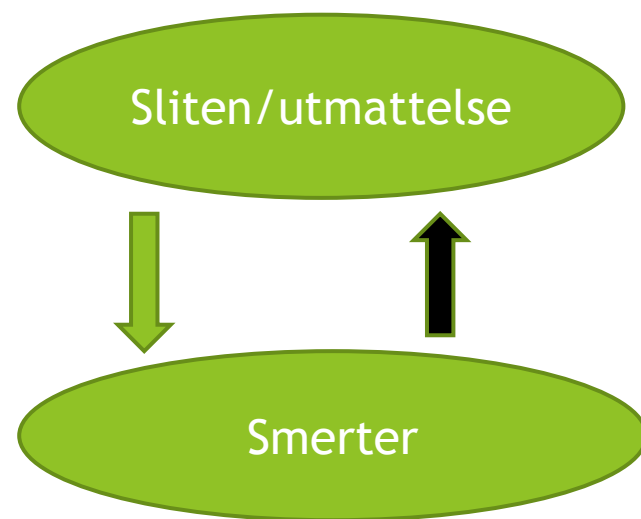
Smerter

Magesmerter, hodepine, smerter i muskler, ledd,
nakkesmerter etc

Sliten/utmattelse



Smerter



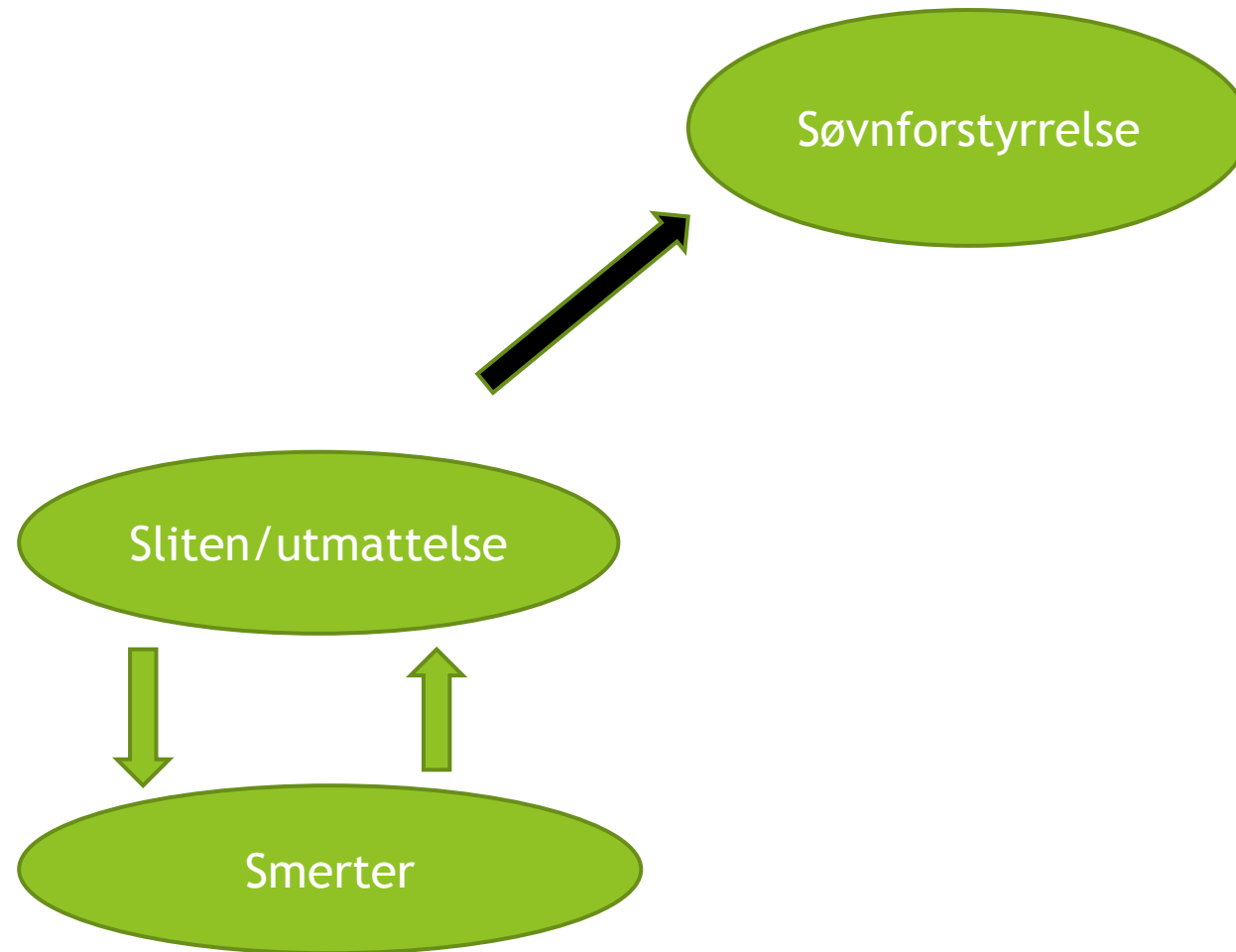
Får ikke sove, hyppig oppvåkninger, snur
døgnet etc

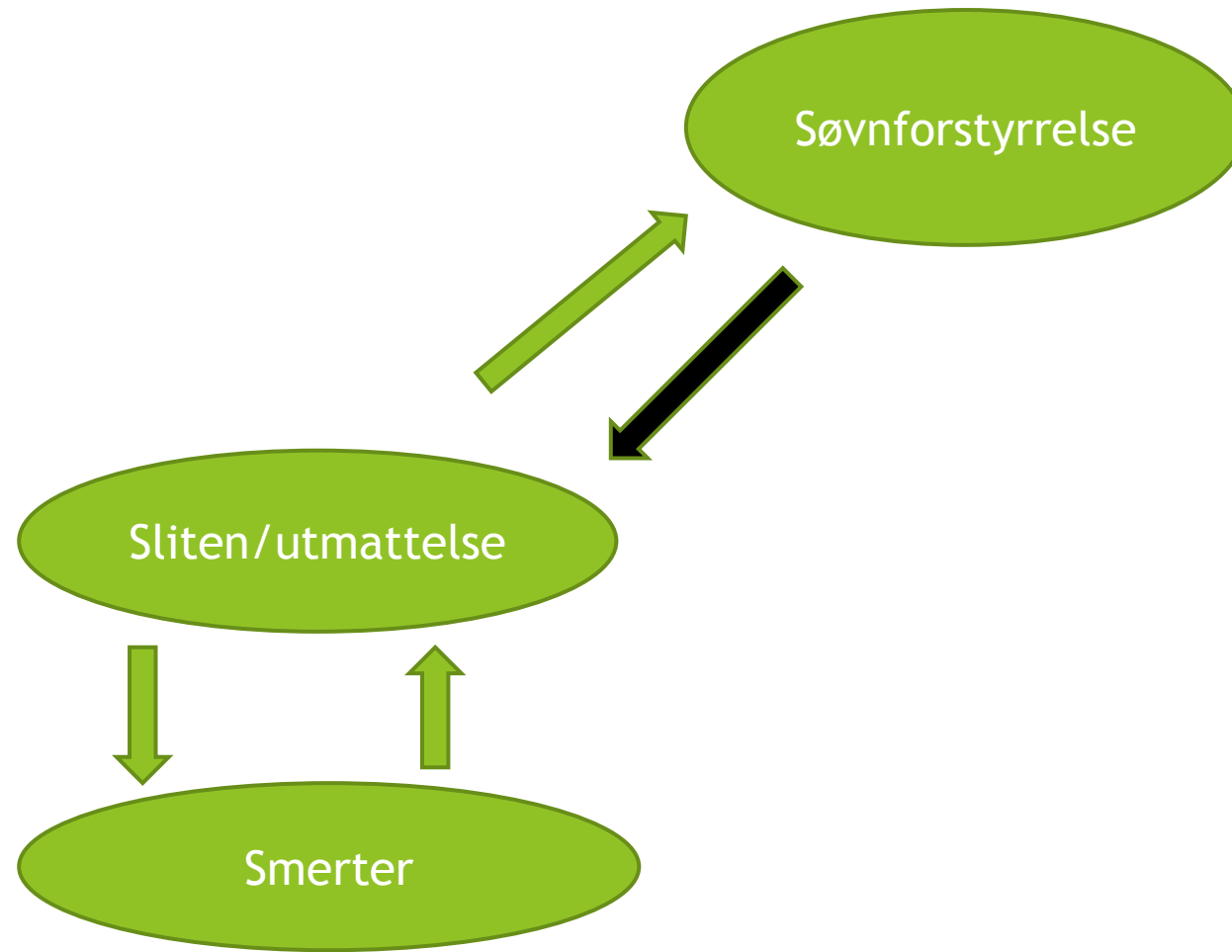
Søvnforstyrrelse

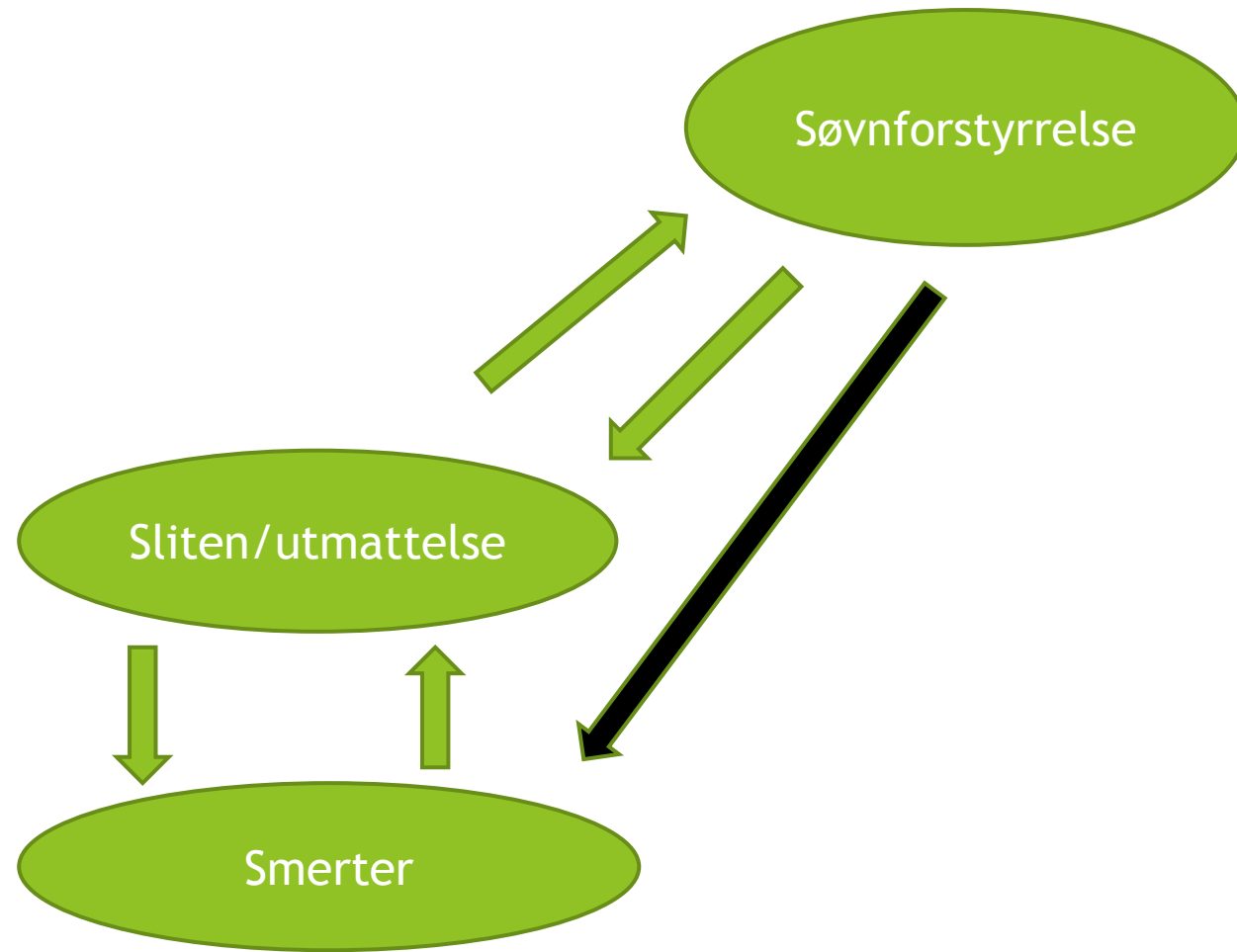
Sliten/utmattelse

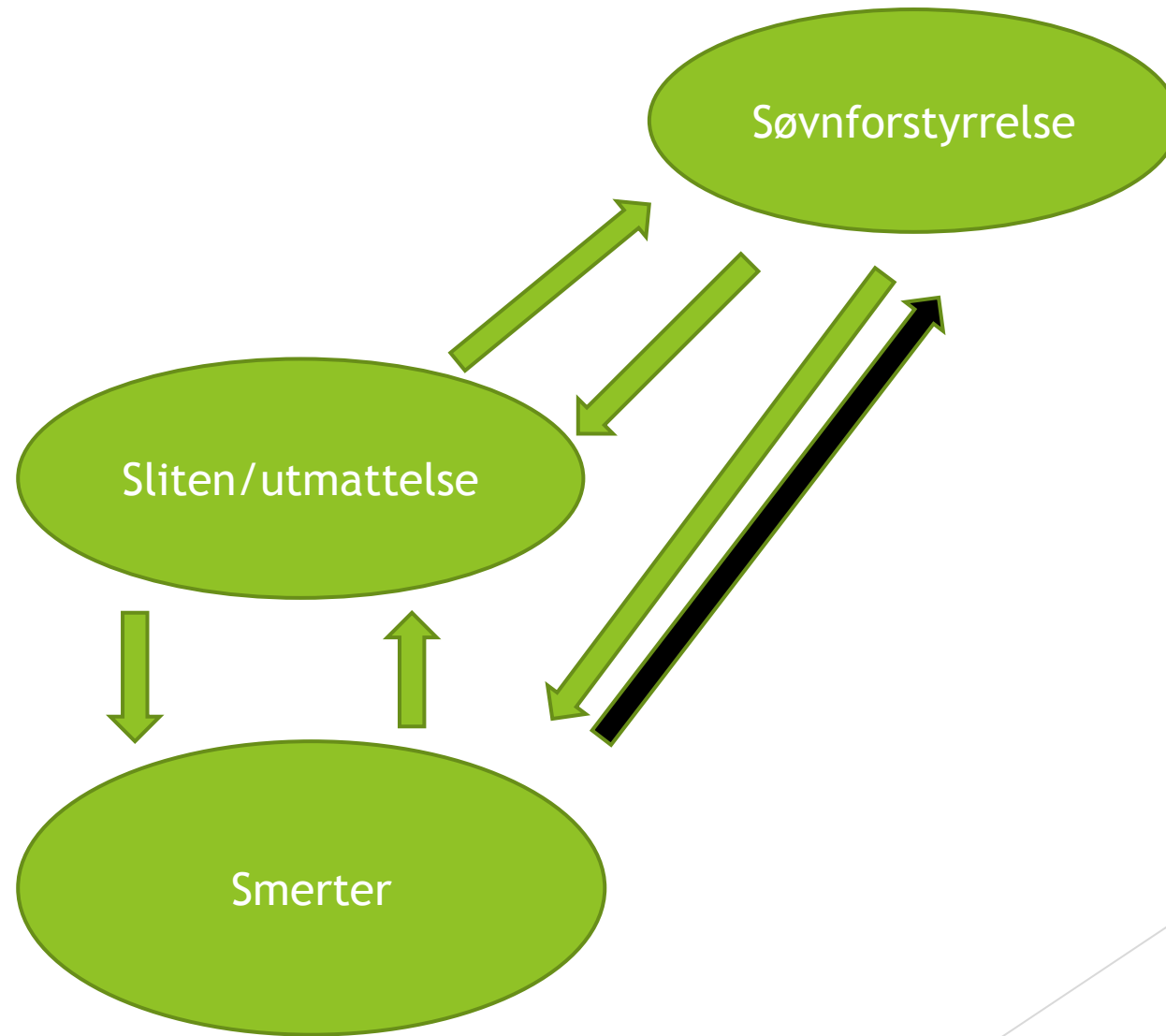


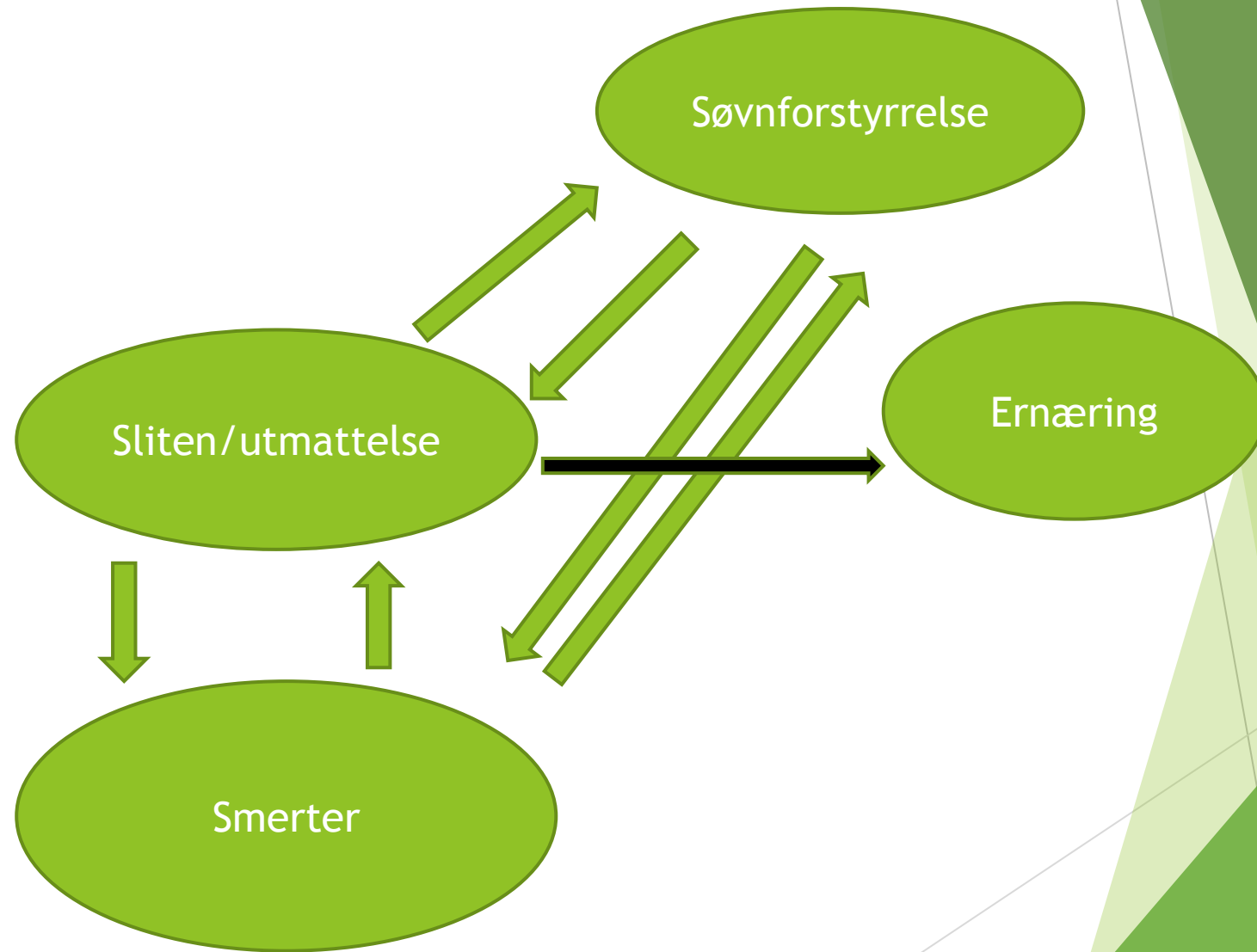
Smerter

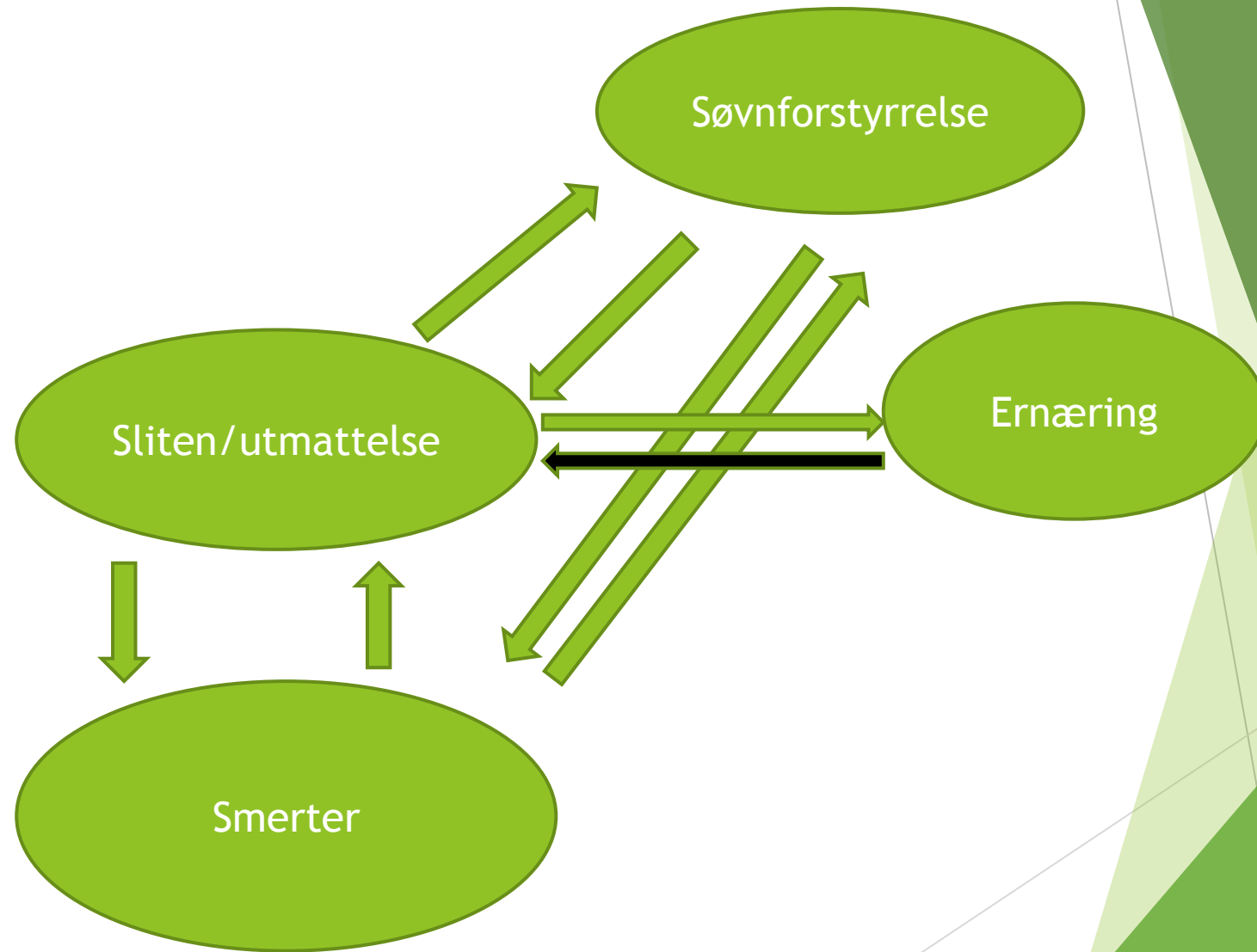


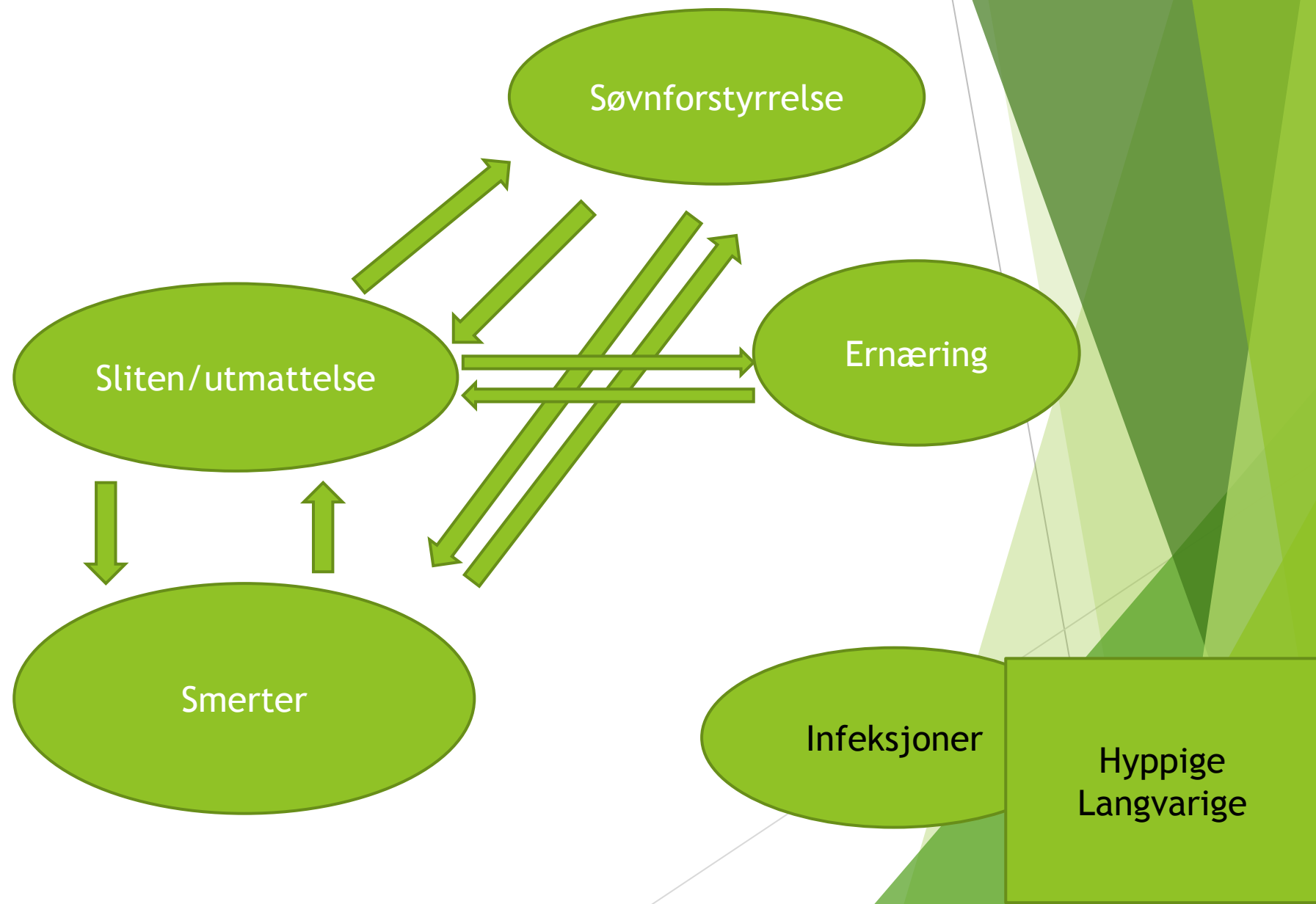












Søvnforstyrrelse

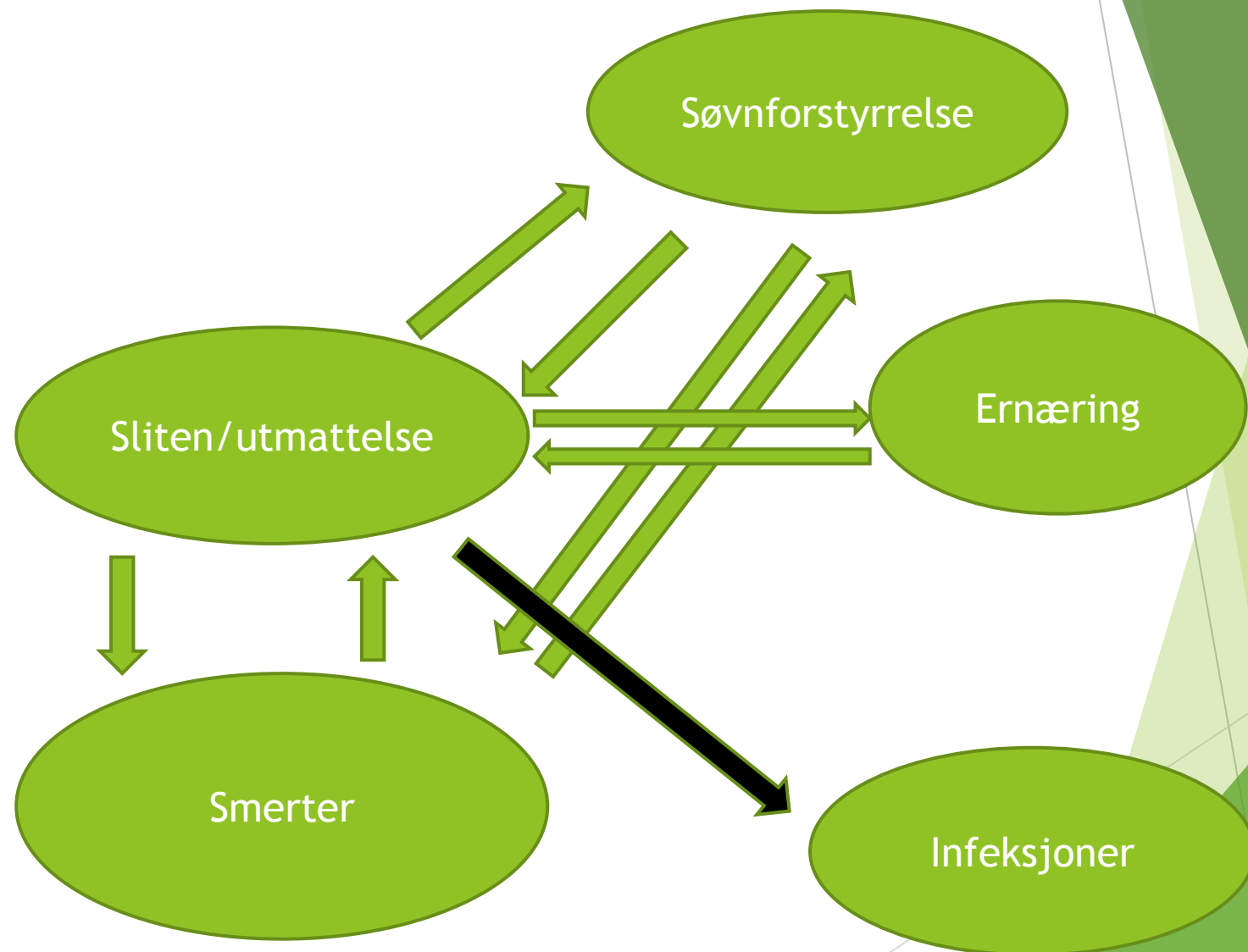
Sliten/utmattelse

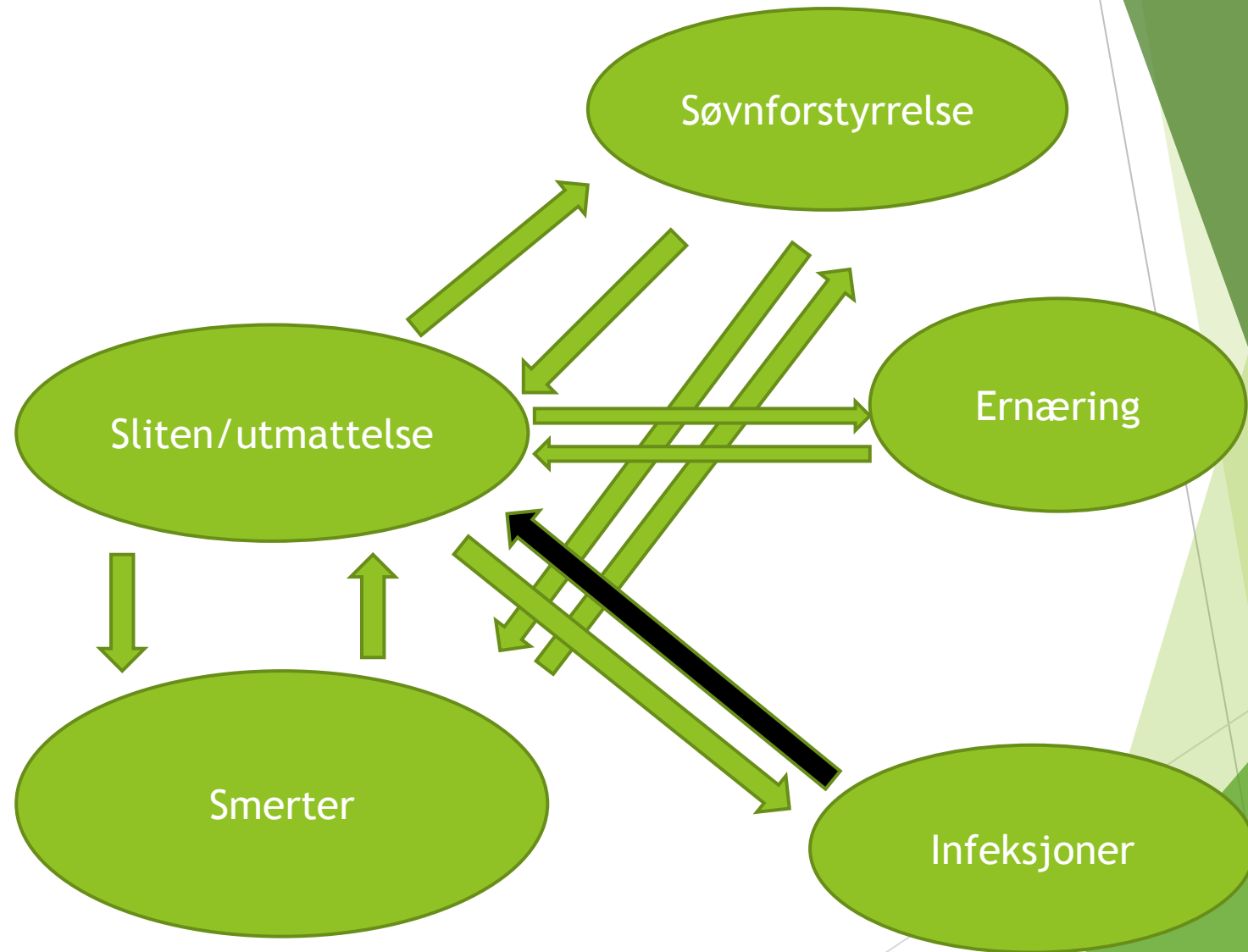
Ernæring

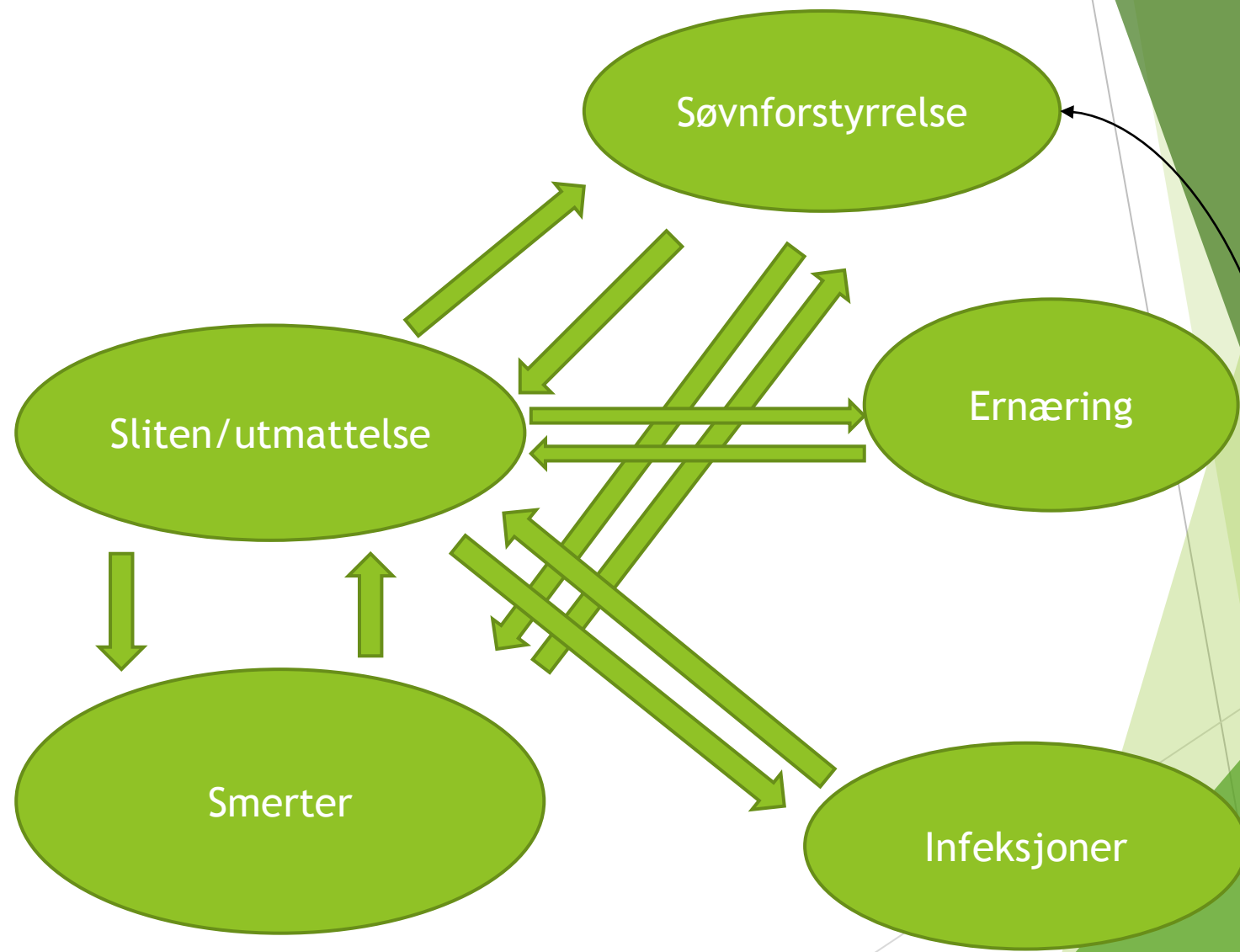
Smerter

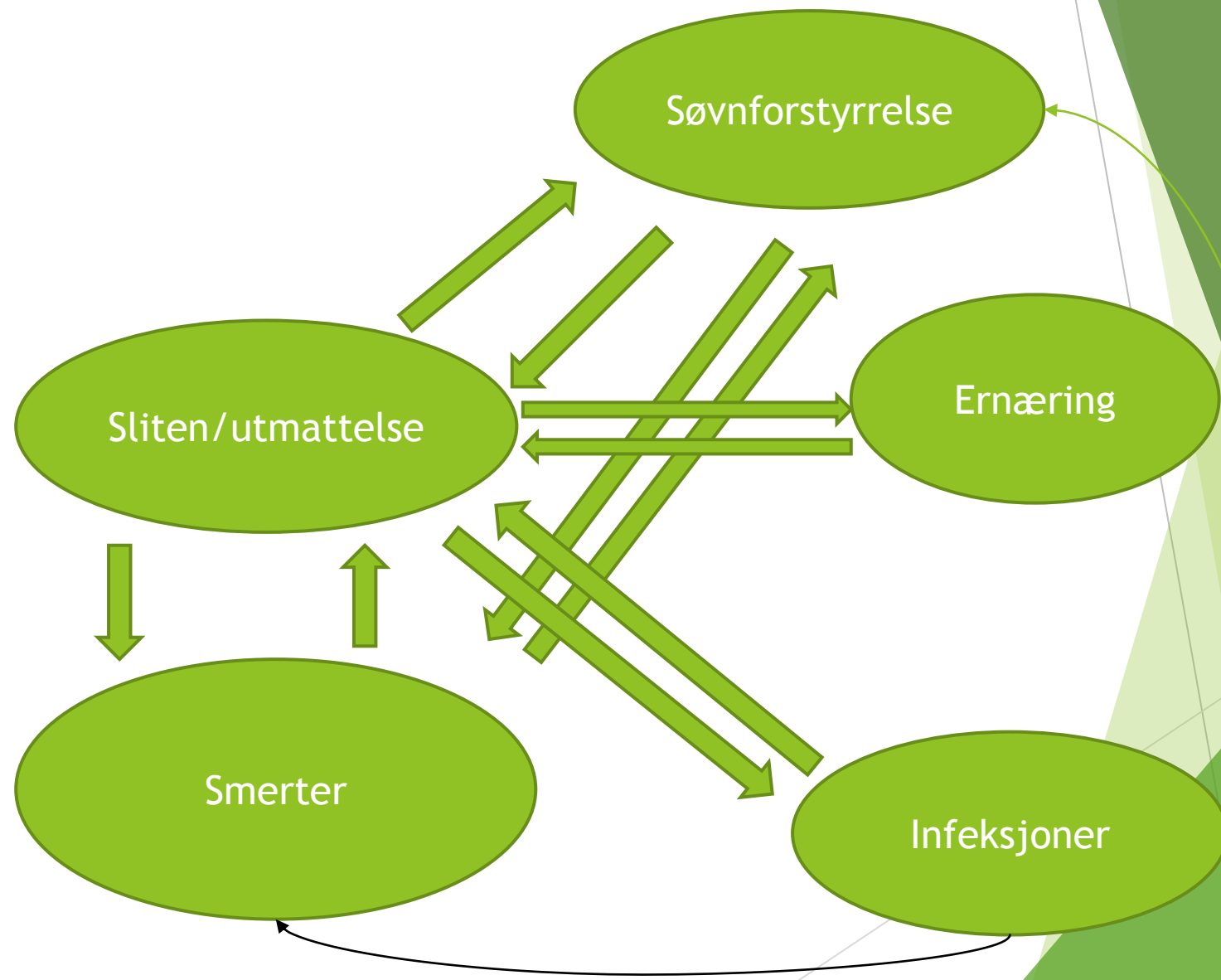
Infeksjoner

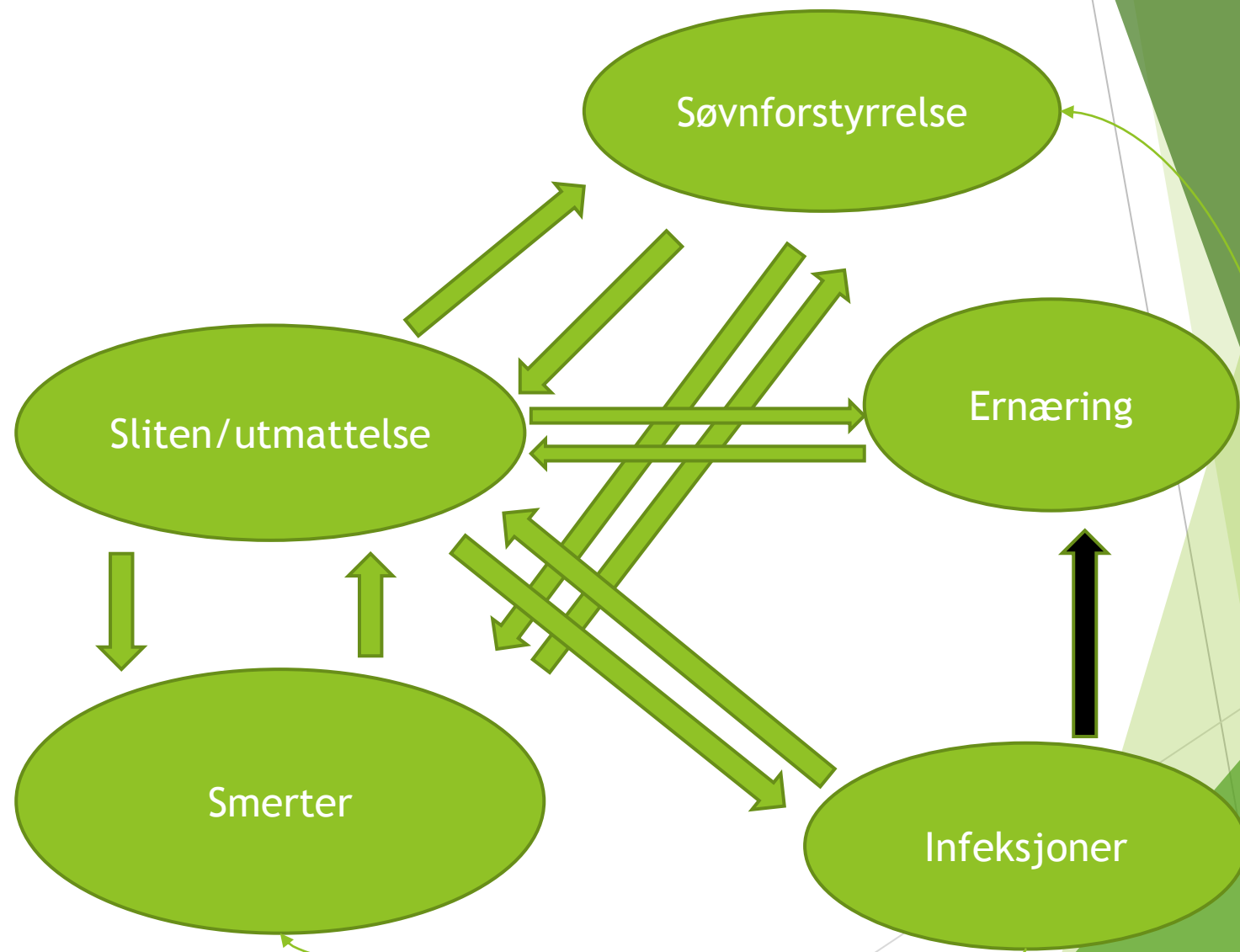
Hyppige
Langvarige

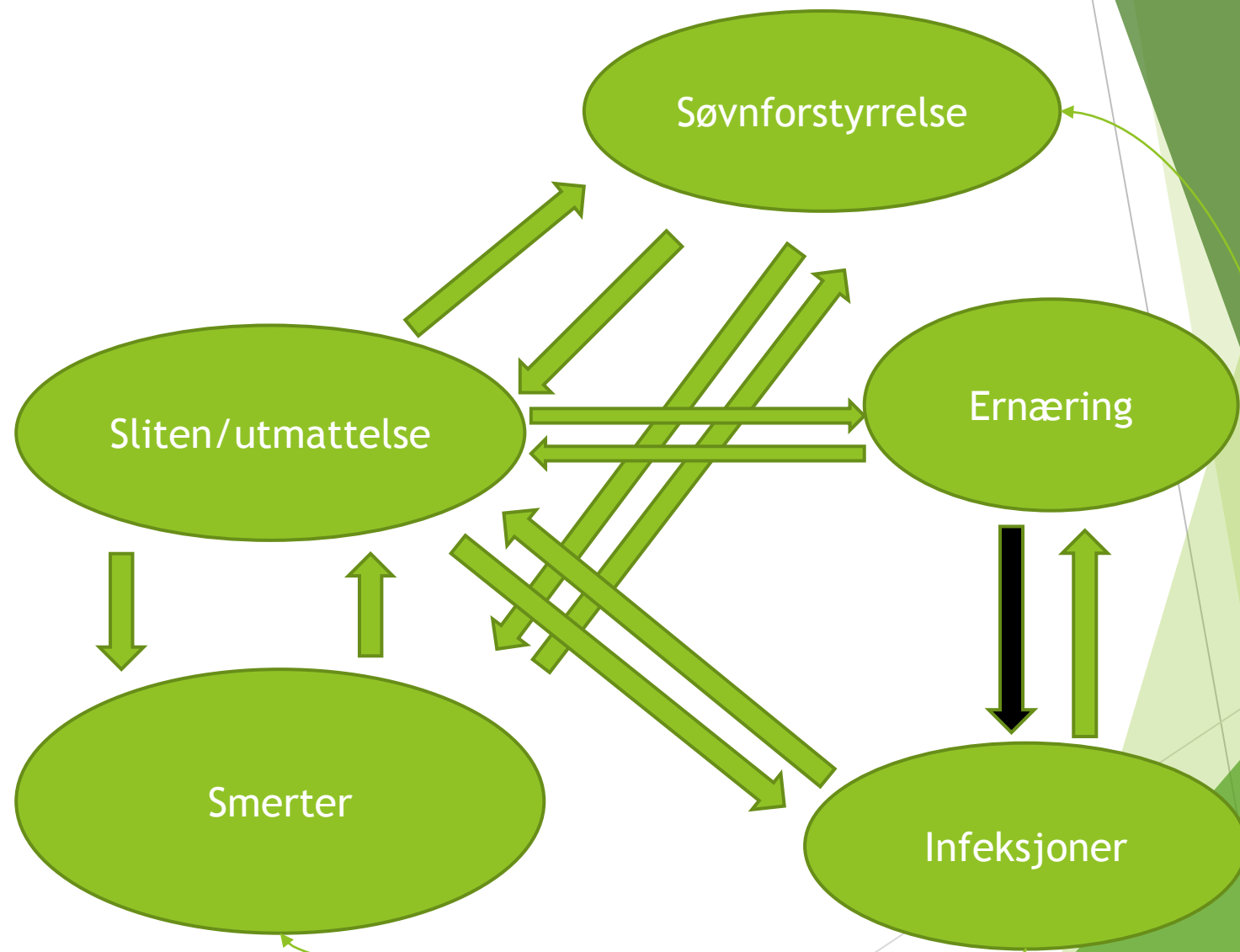






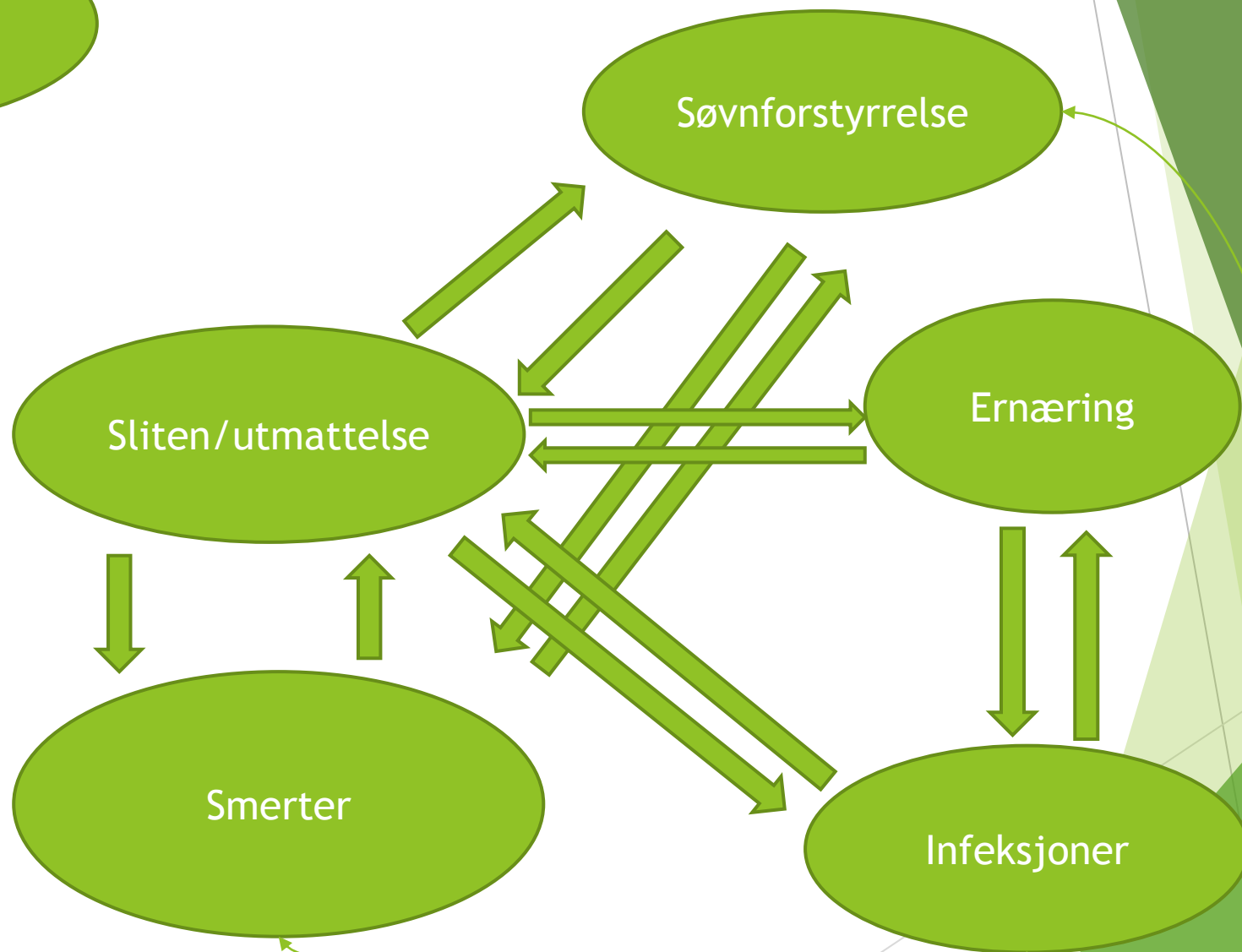


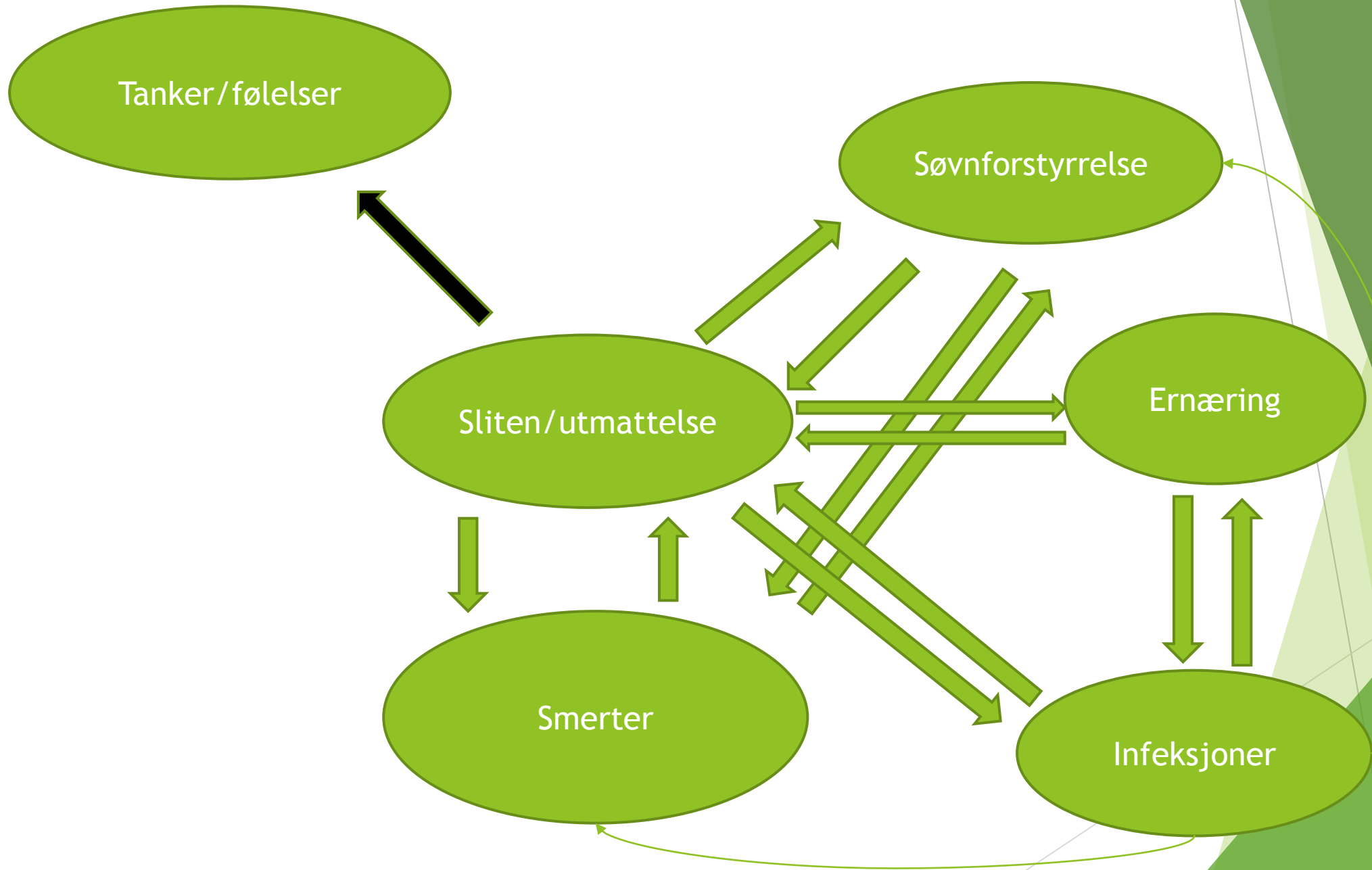


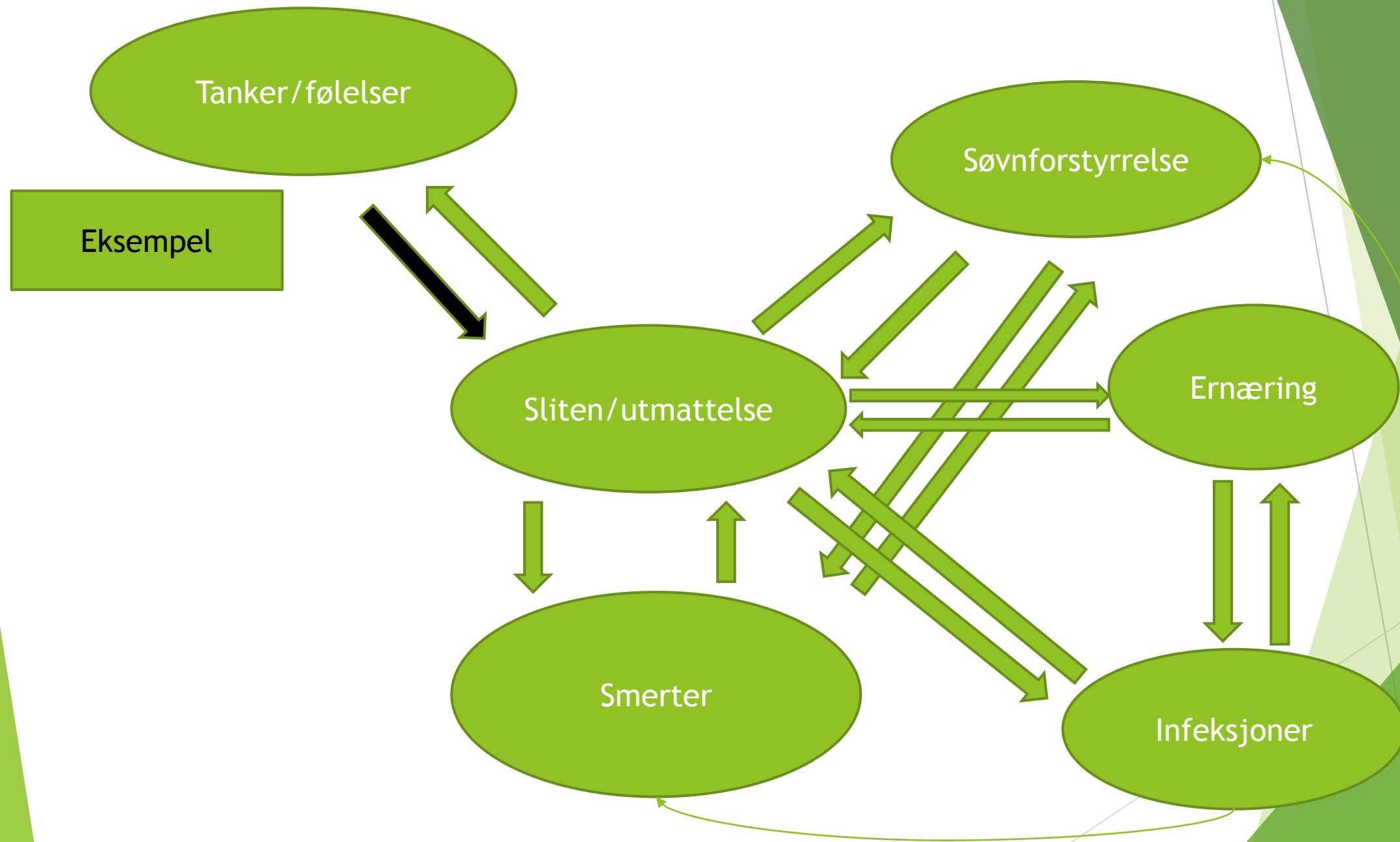


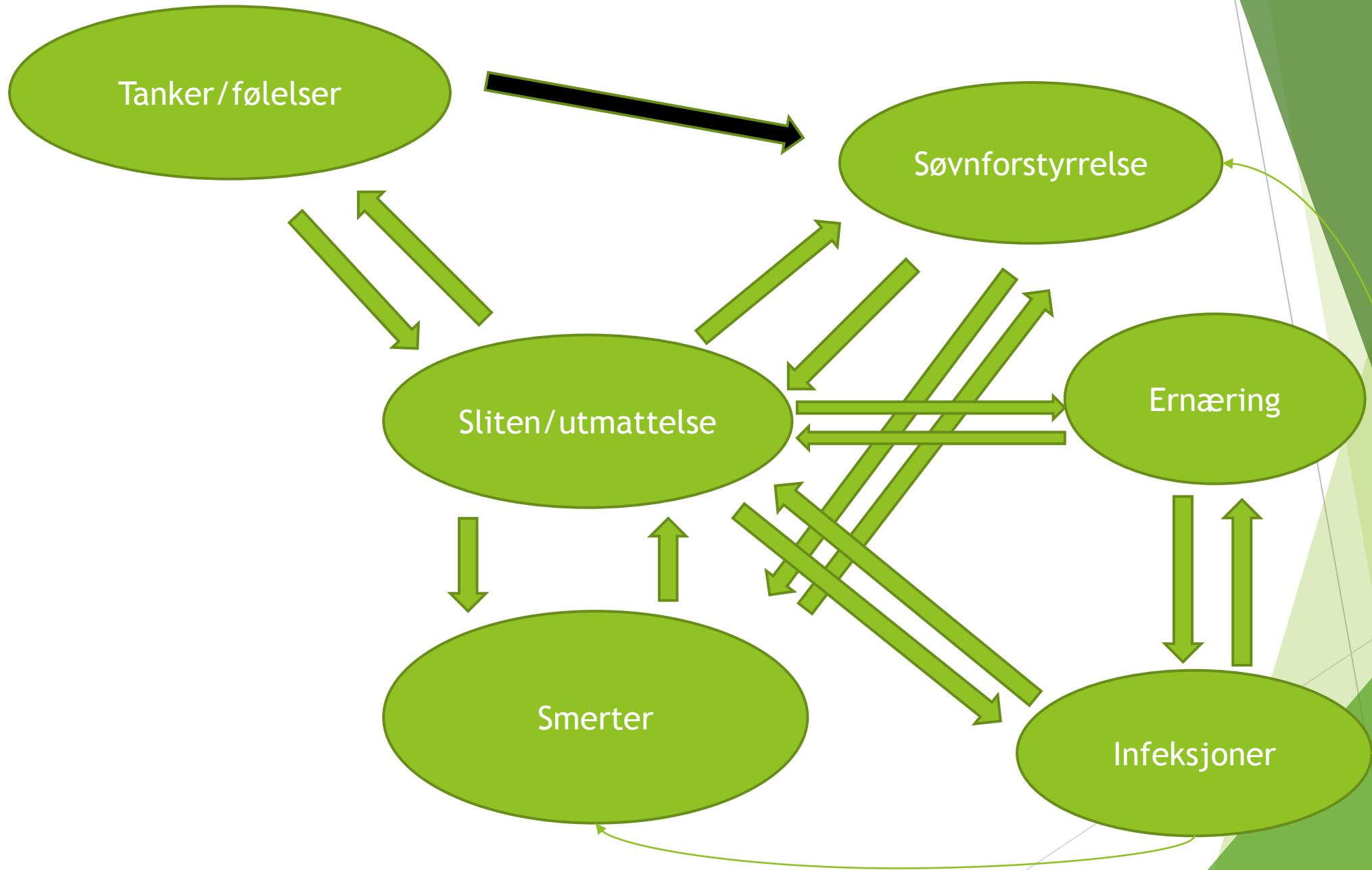
Tanker/følelser

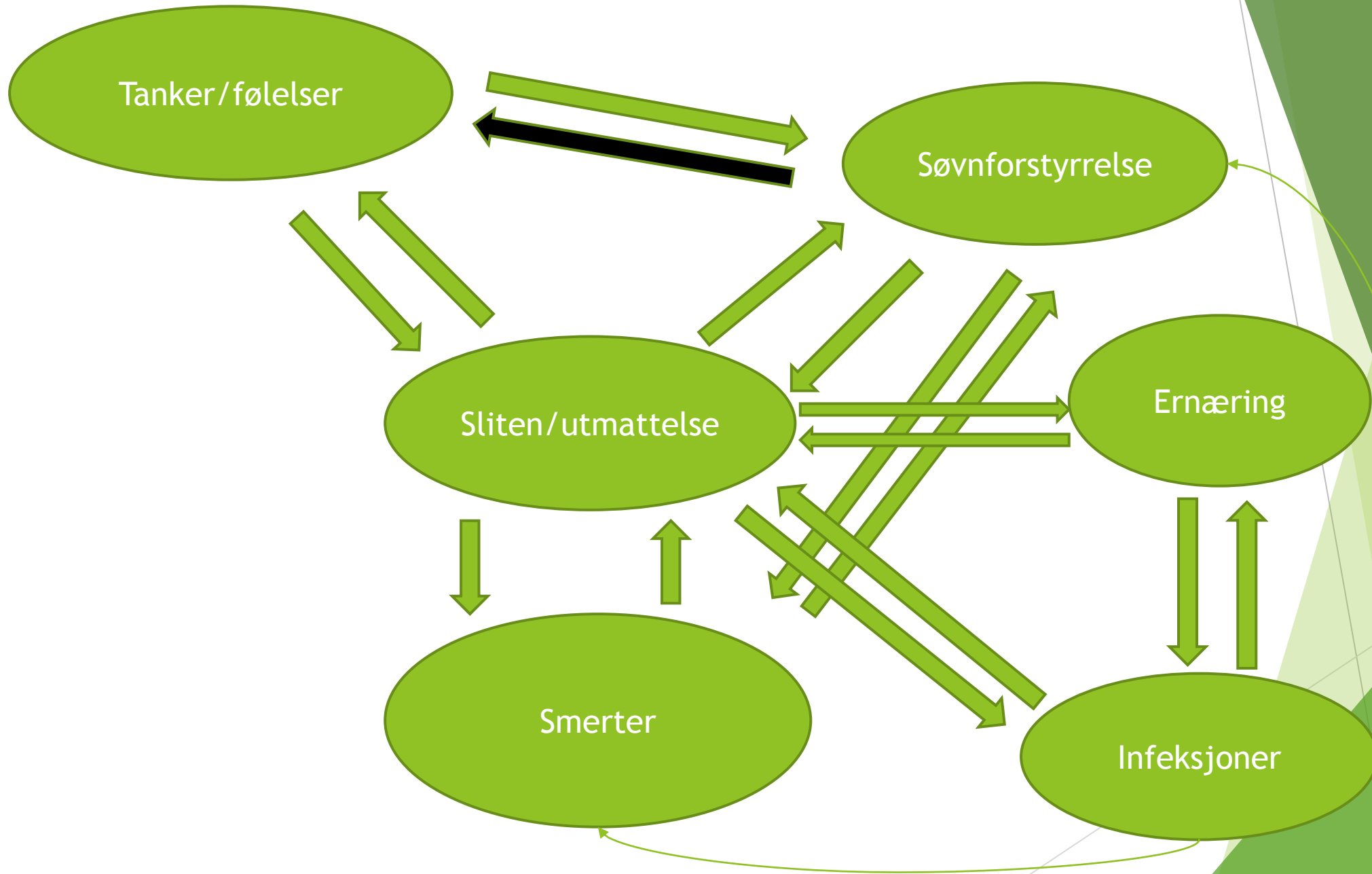
Er jeg syk
Familien bekymret
Hva med venner
SKOLEN
Fremtiden
Ingen forstår meg
Angst
Depresjon
Bekymringer
Dårlig samvittighet
skyldfølelse
etc

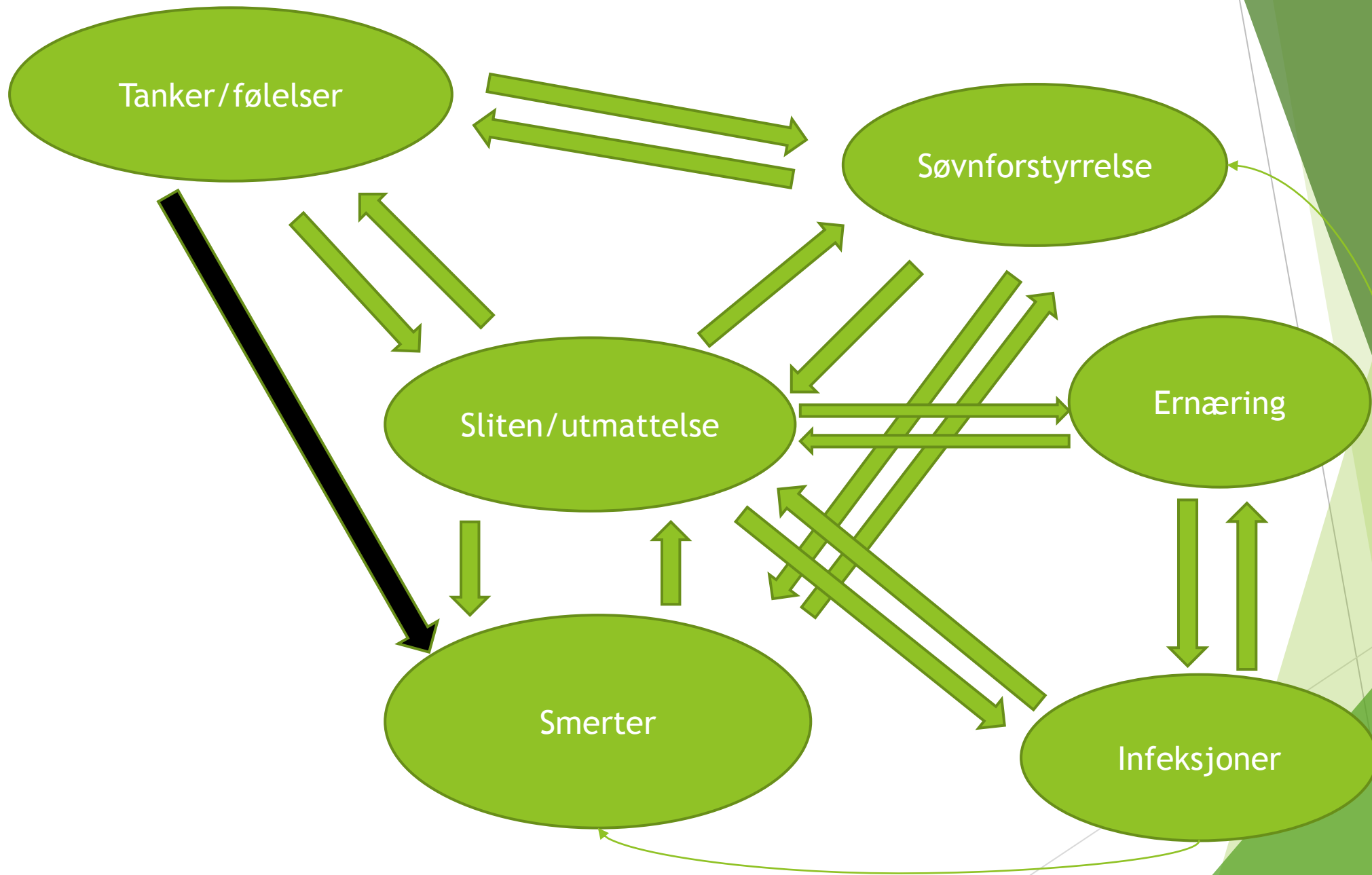


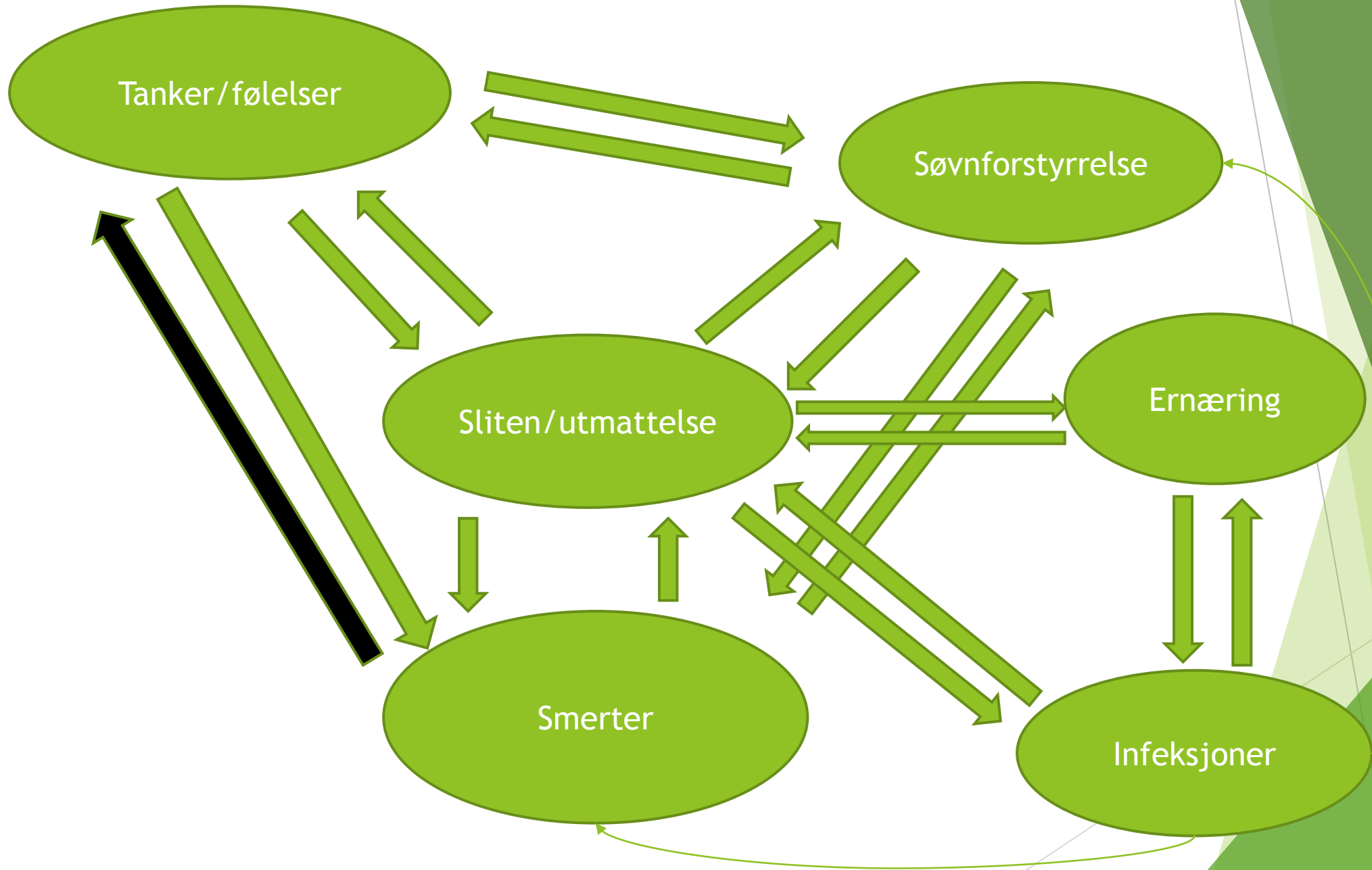


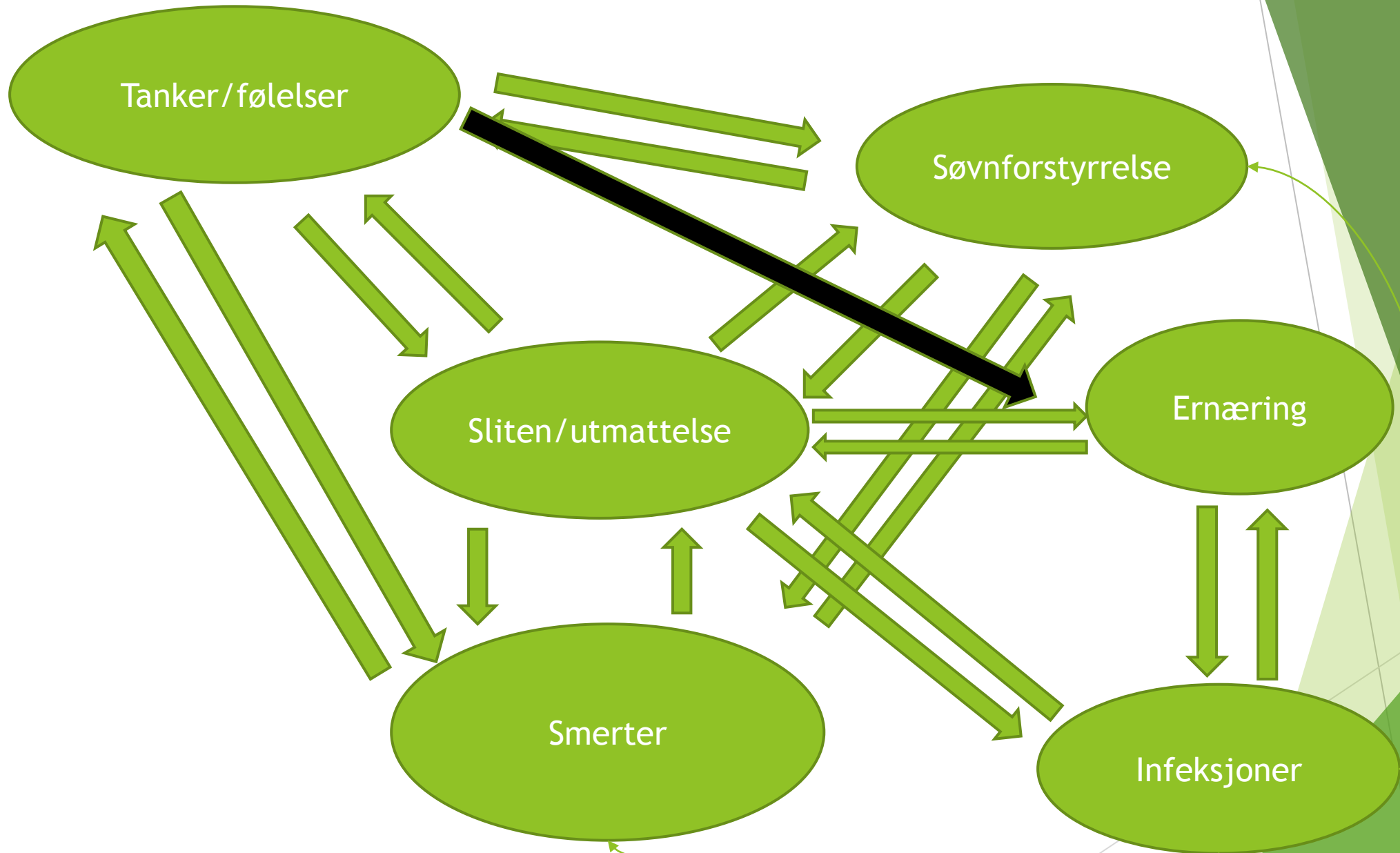


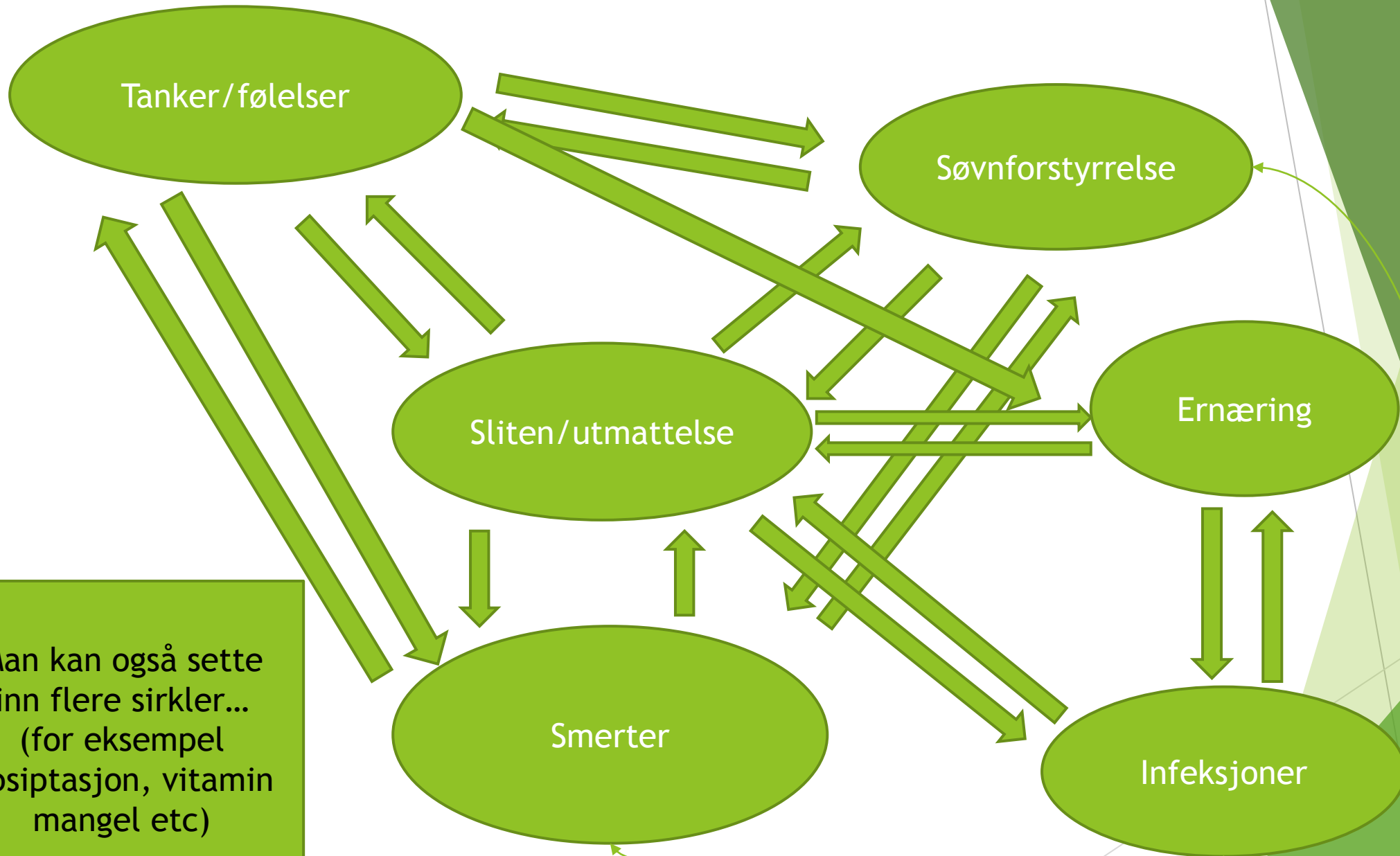








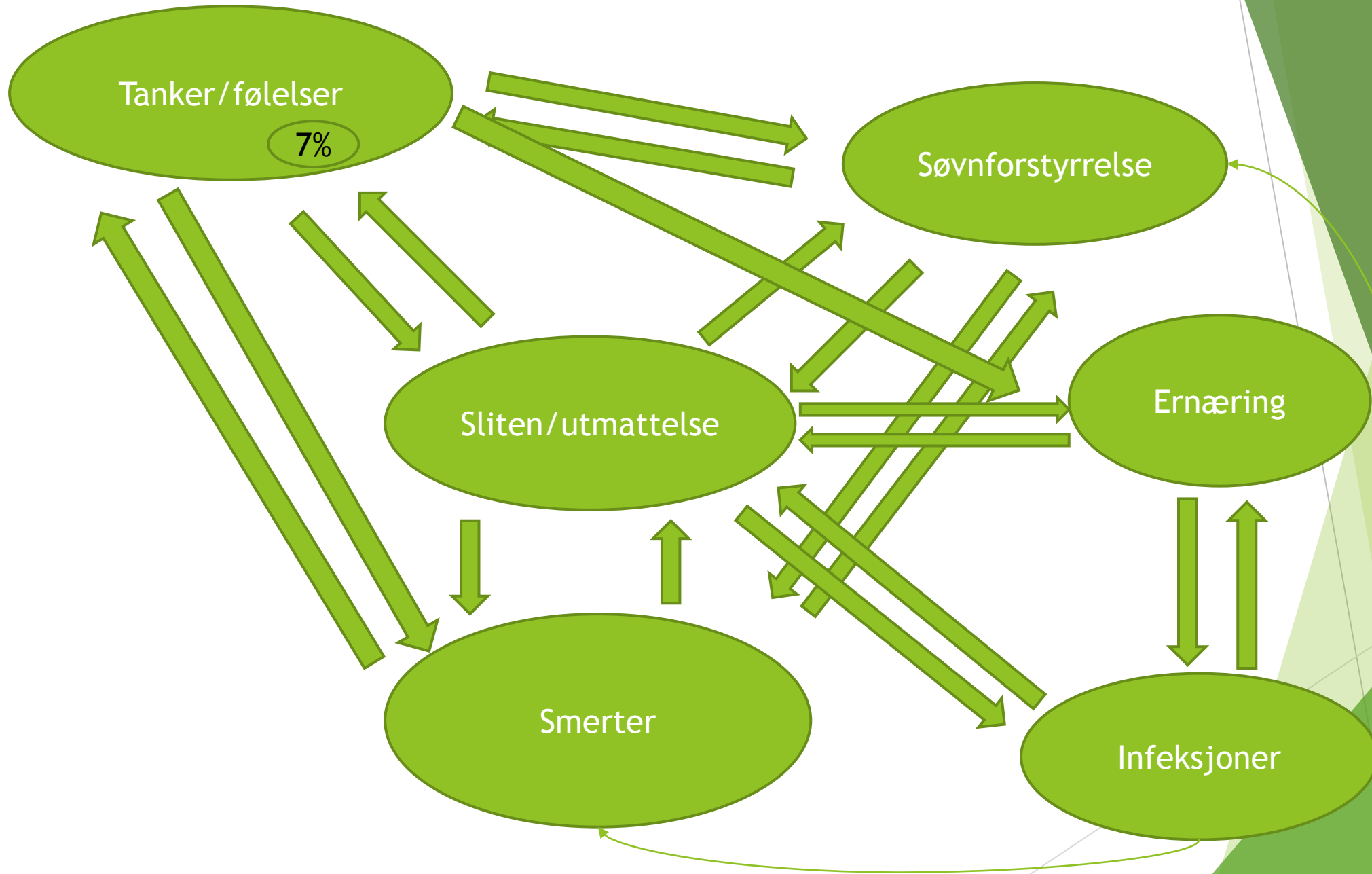


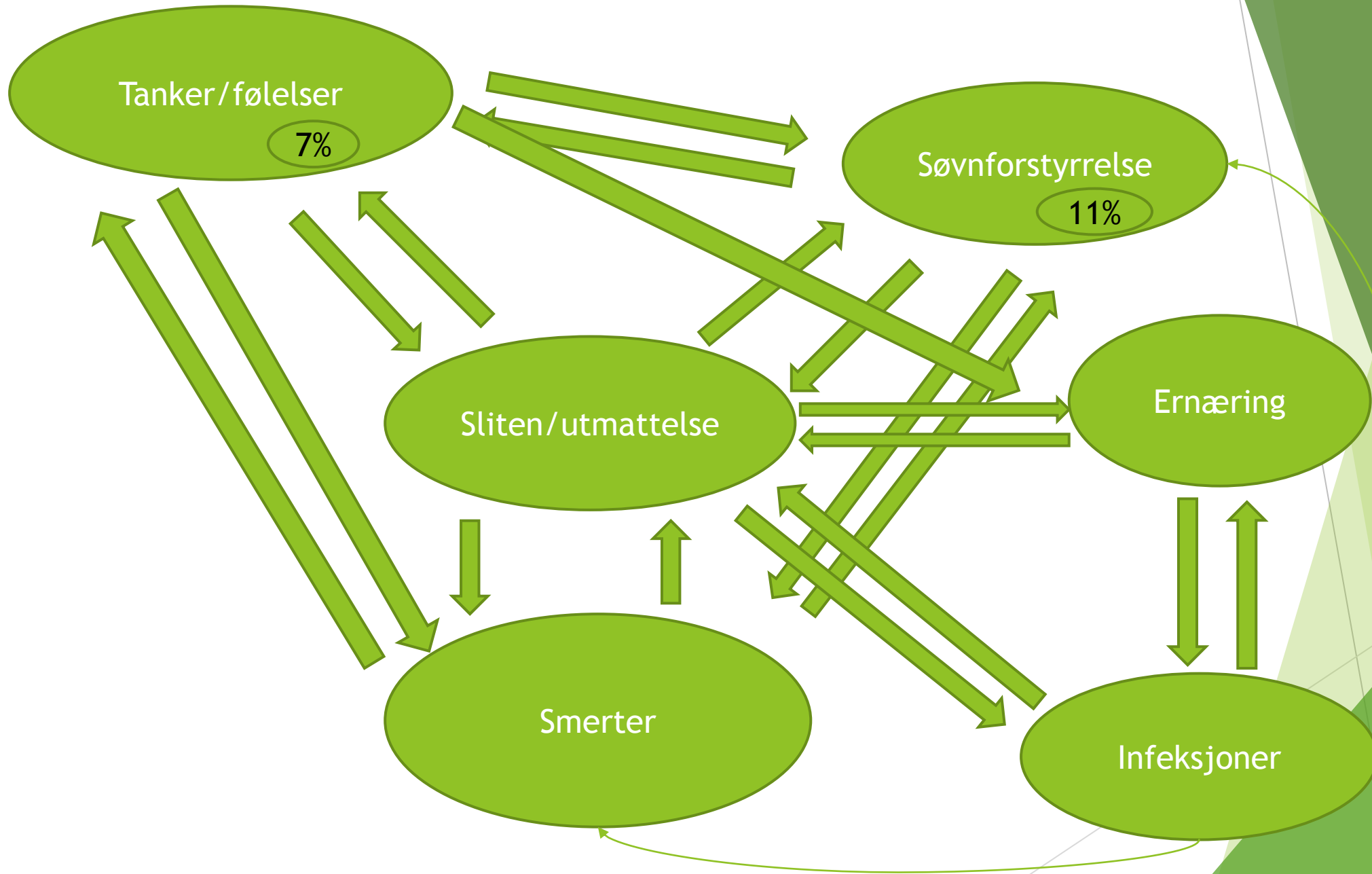


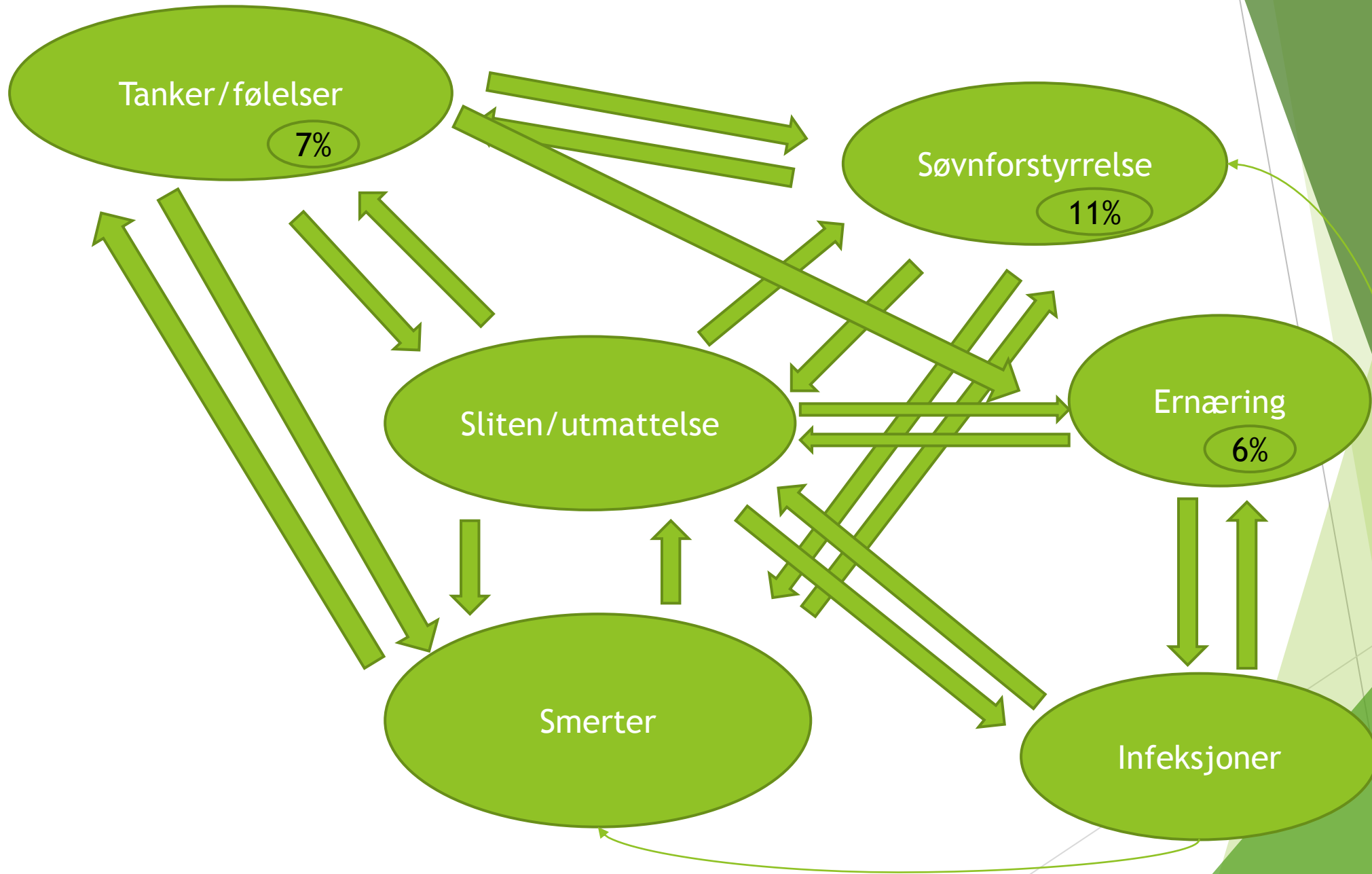
Man kan også sette inn flere sirkler... (for eksempel obsiption, vitamin mangel etc)

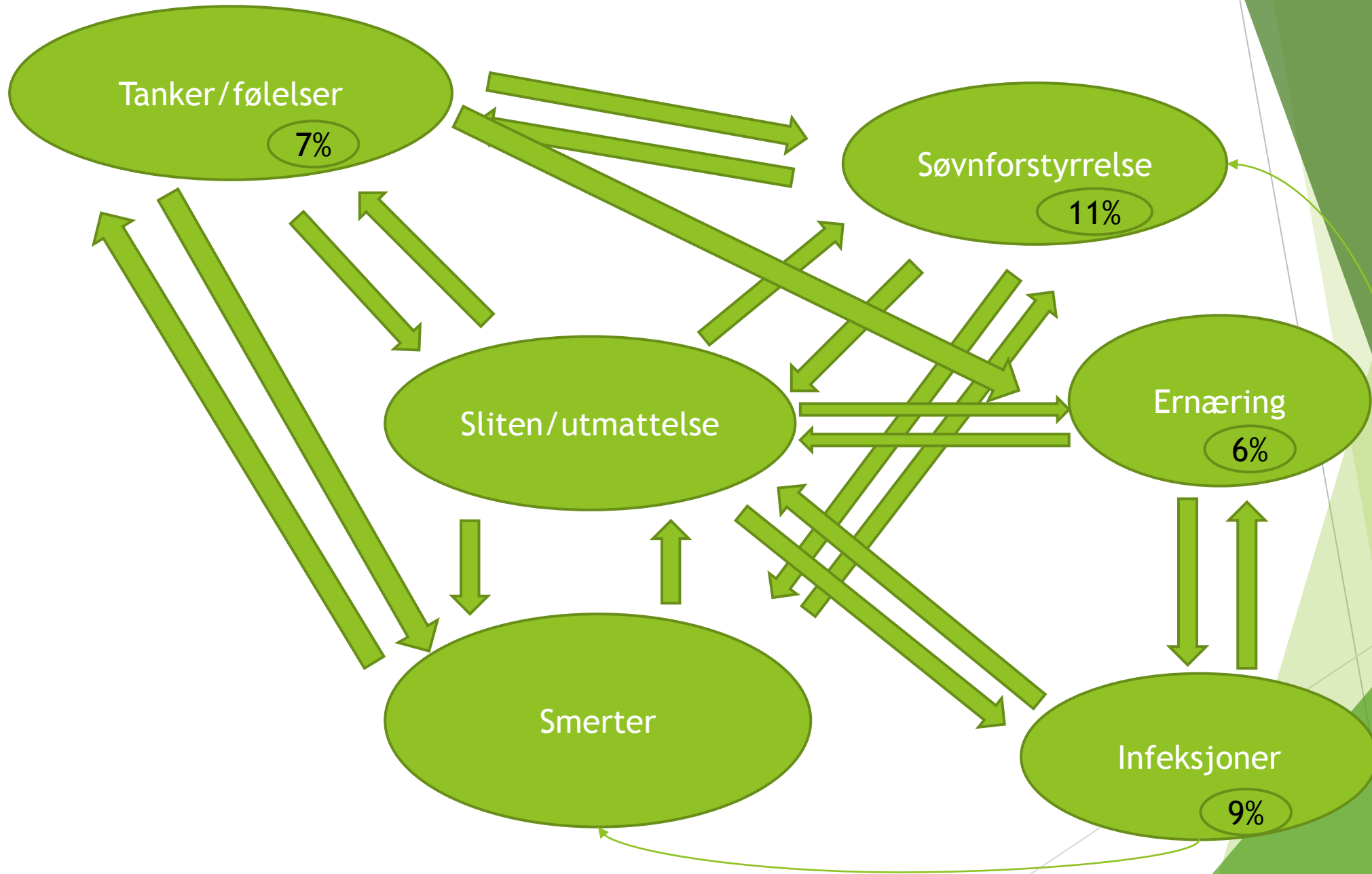
Få se sammenhengen på at ting er ganske komplisert.
Og viktig at man ser på helheten når man skal se på
hvordan man kan hjelpe ett menneske.

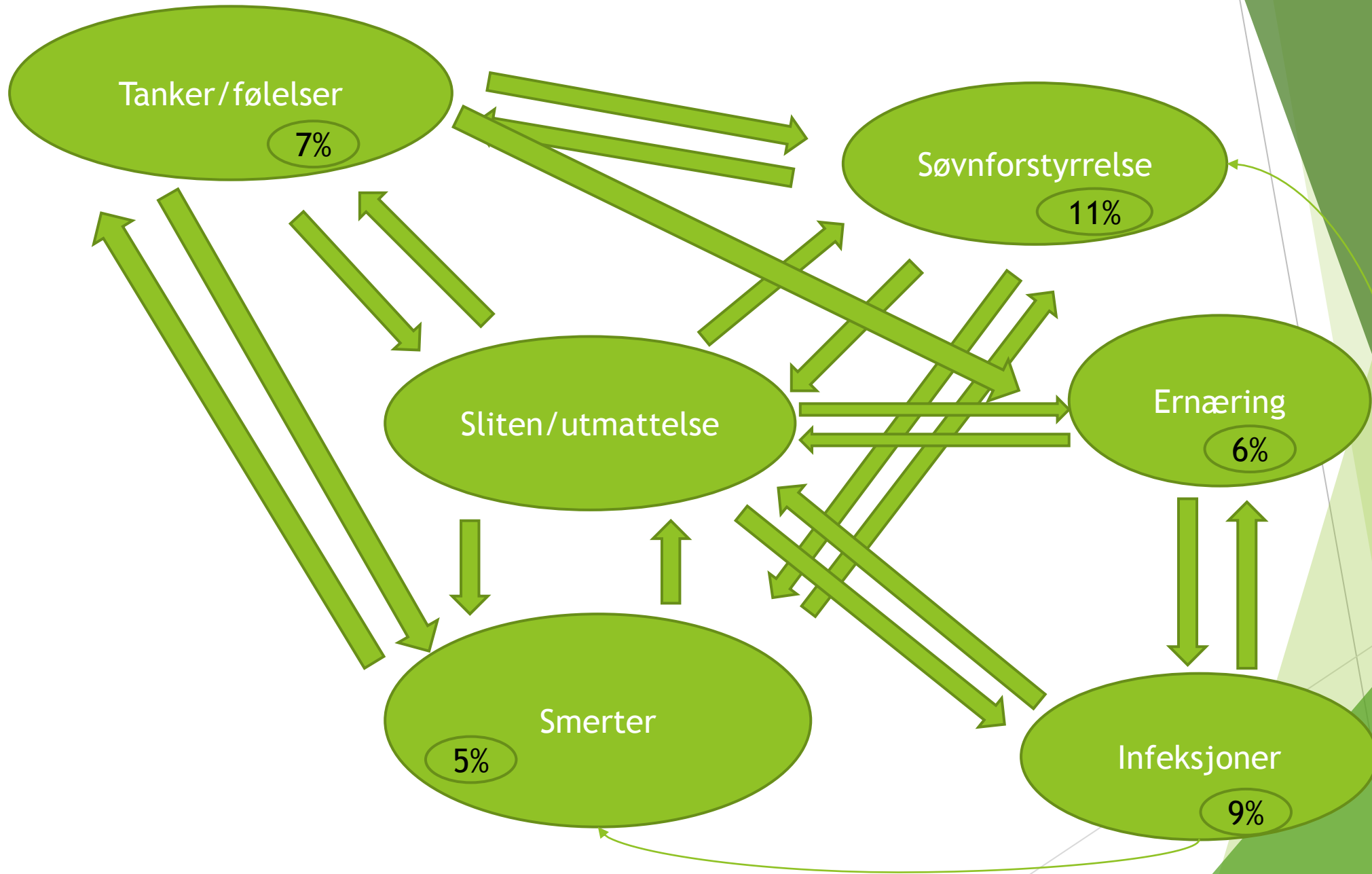
Og man må se på hvor kan man ha noe å hente?

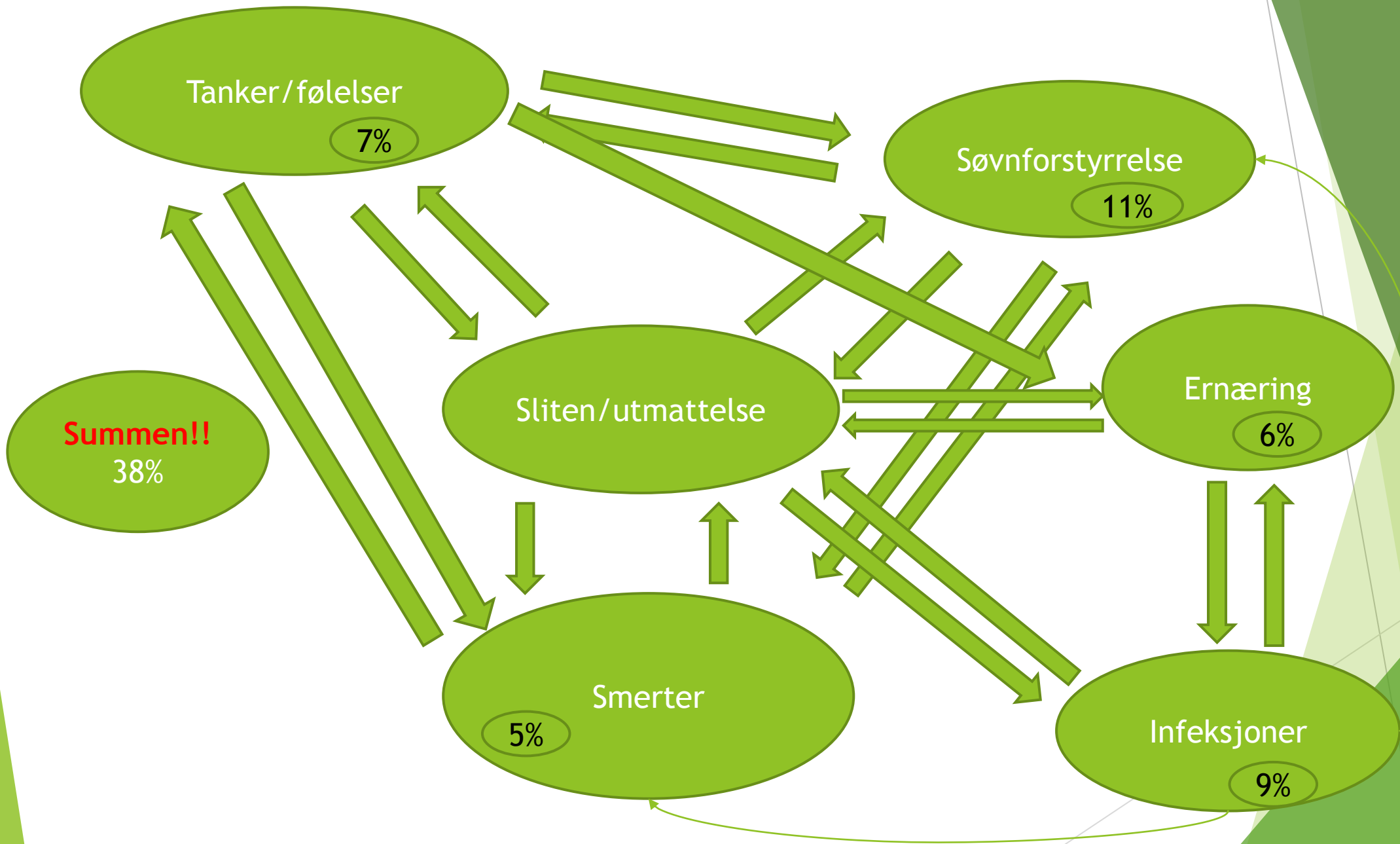


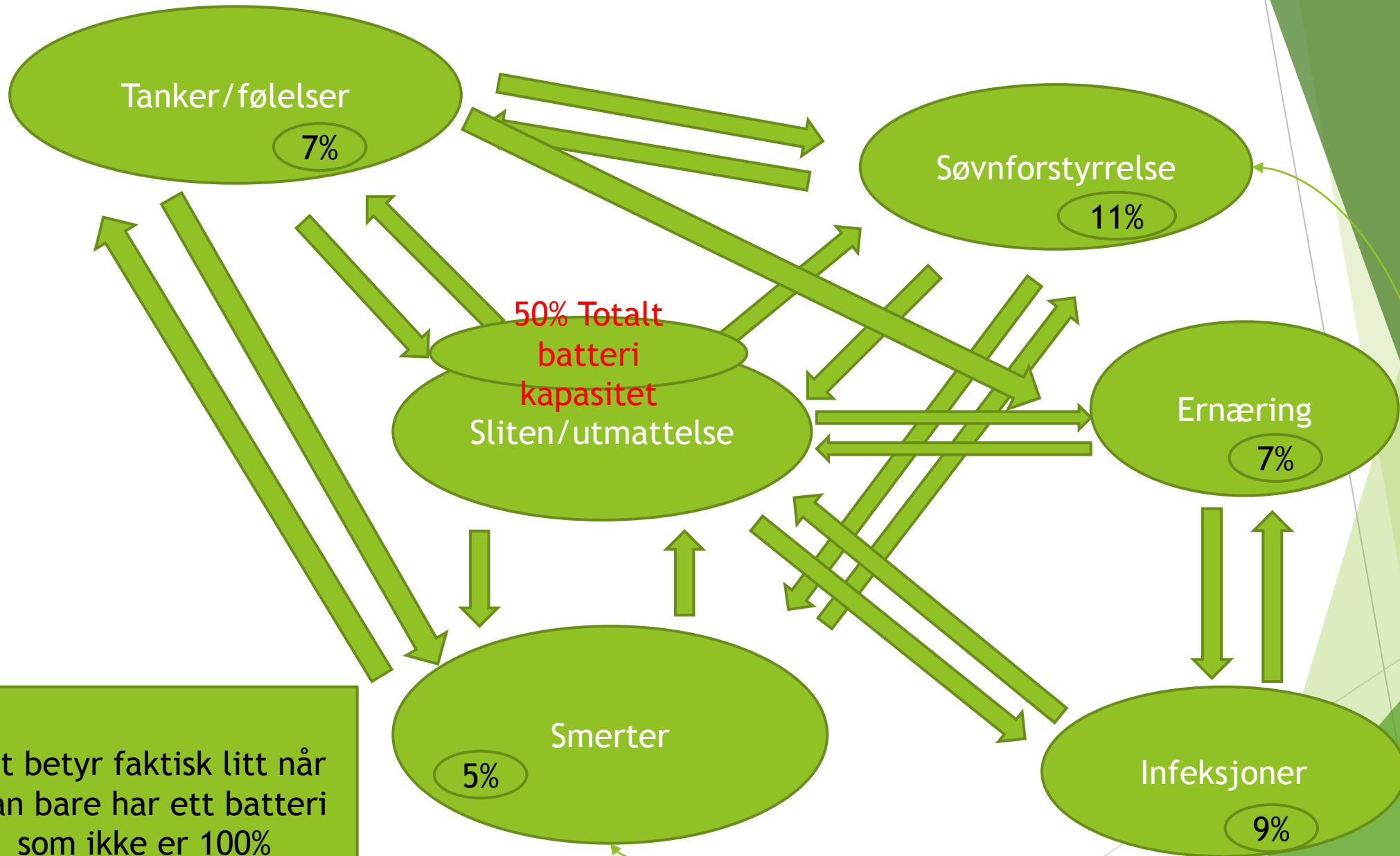






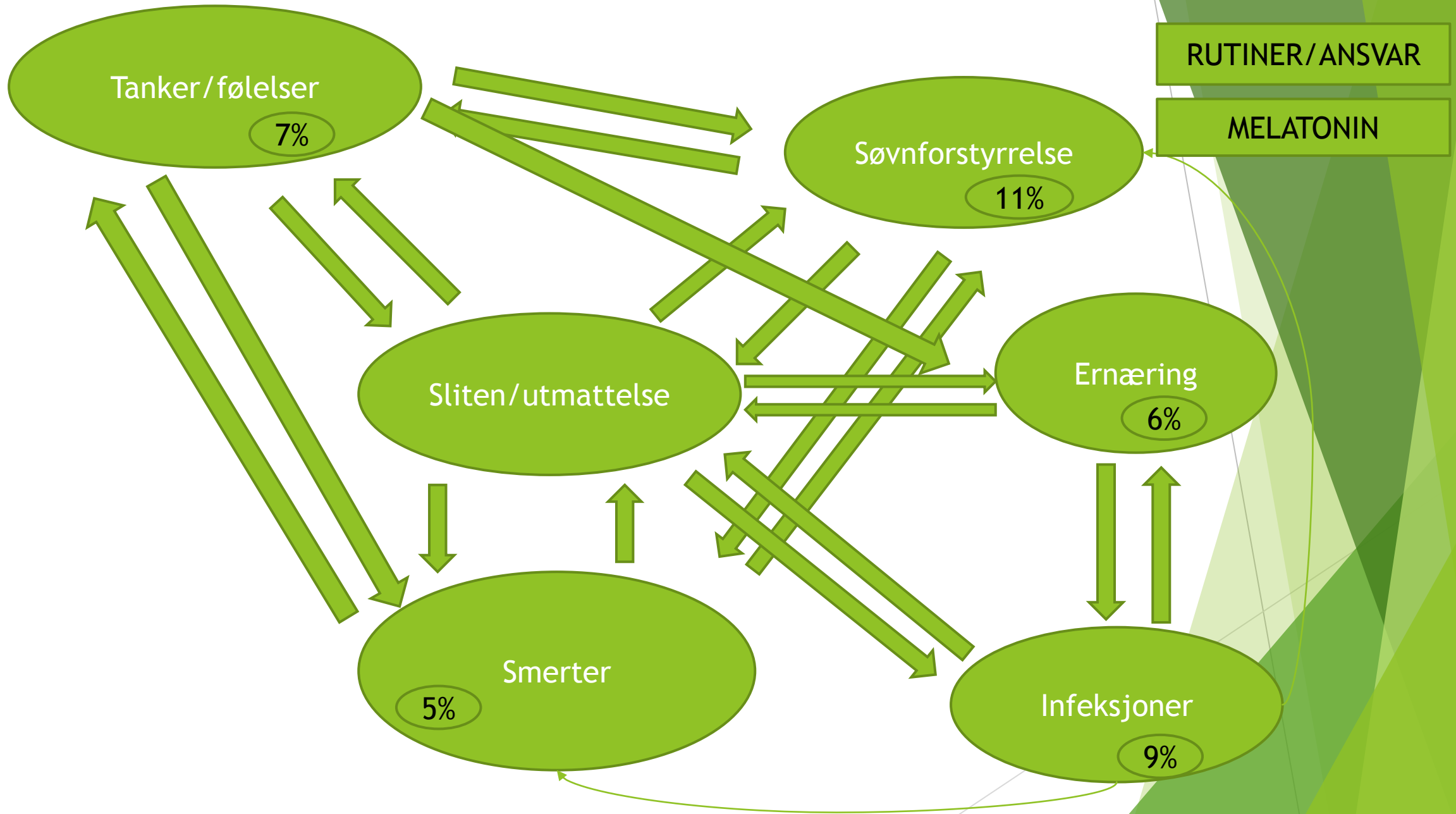


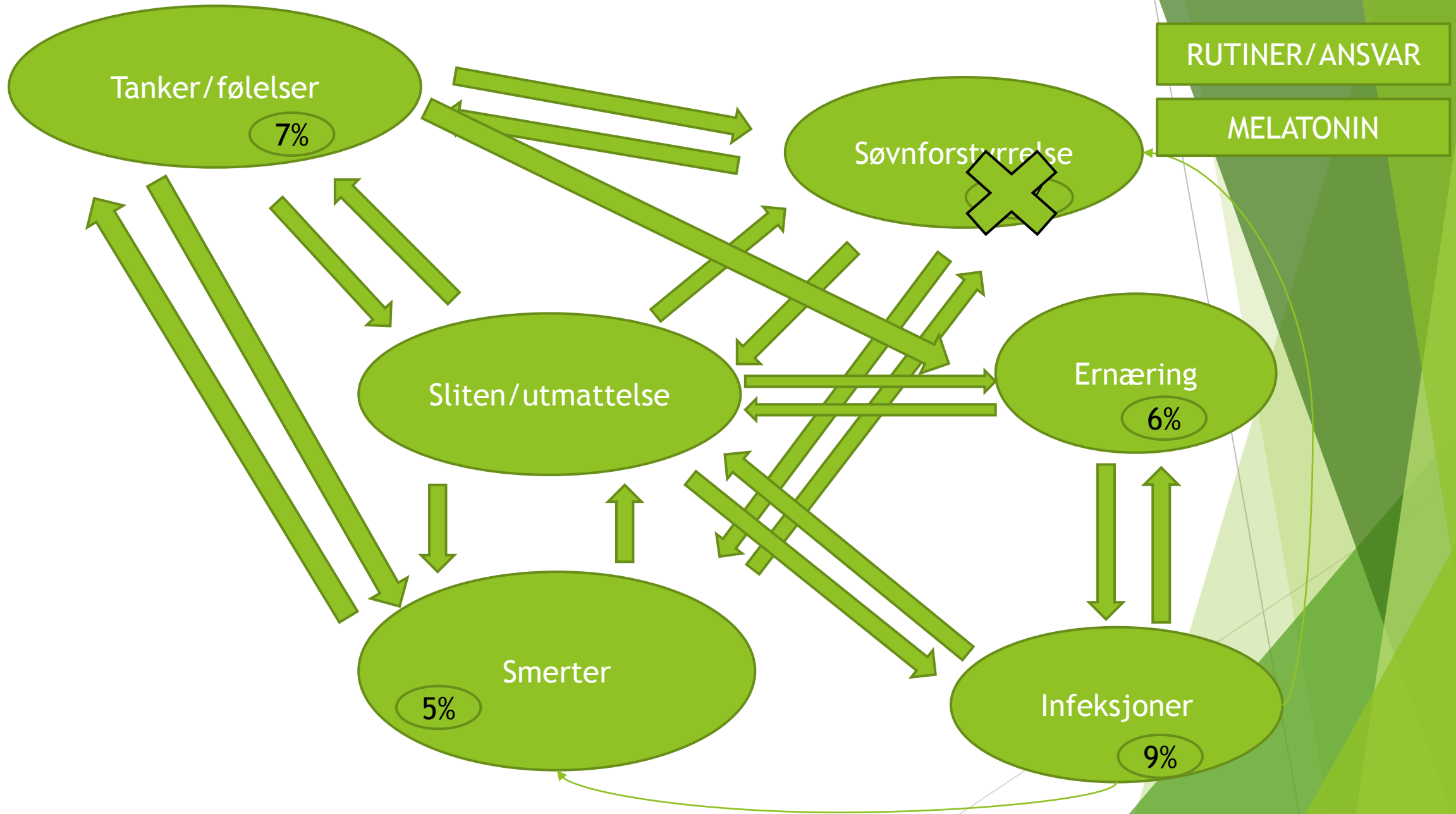


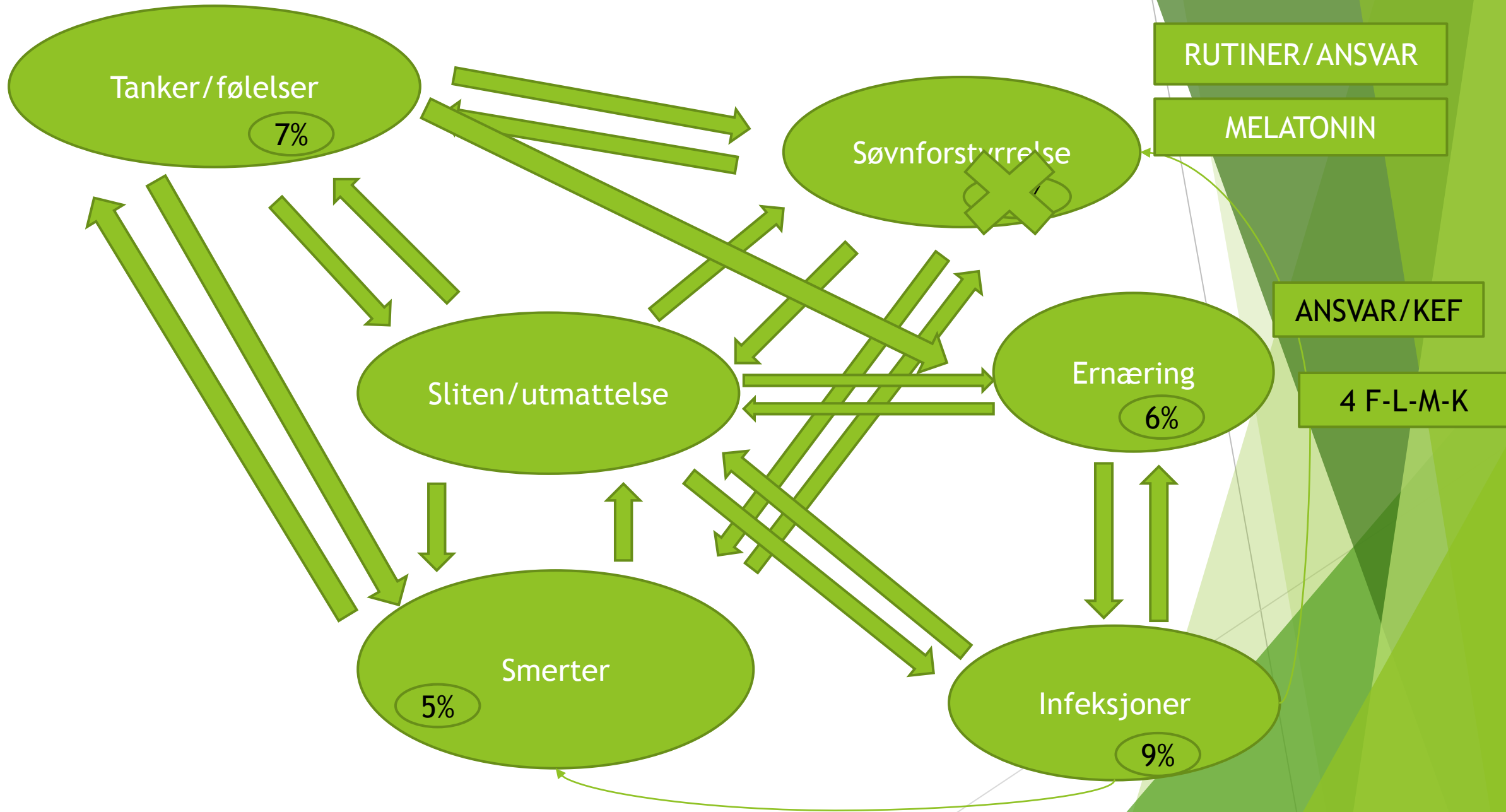


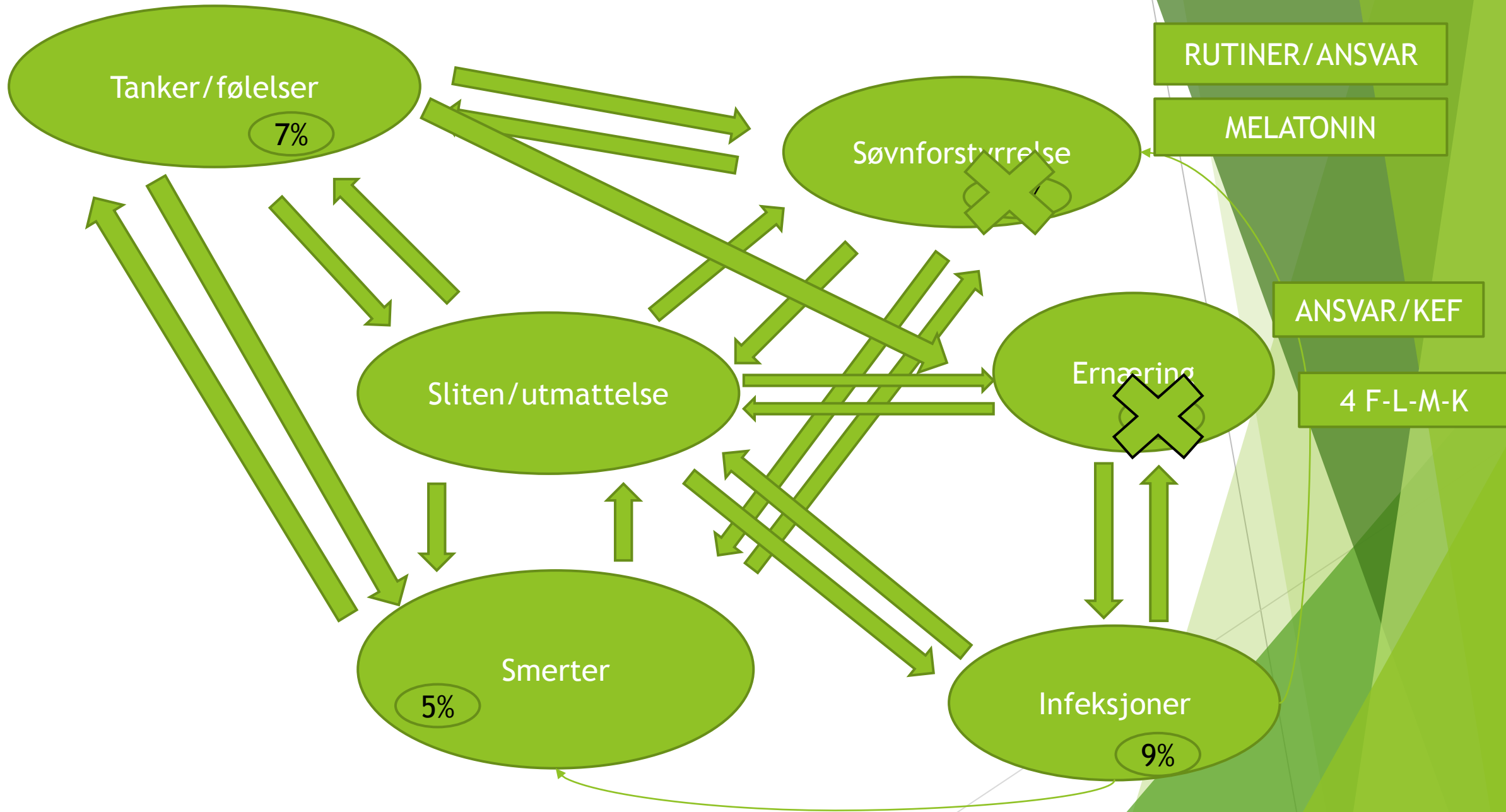
Det betyr faktisk litt når man bare har ett batteri som ikke er 100%

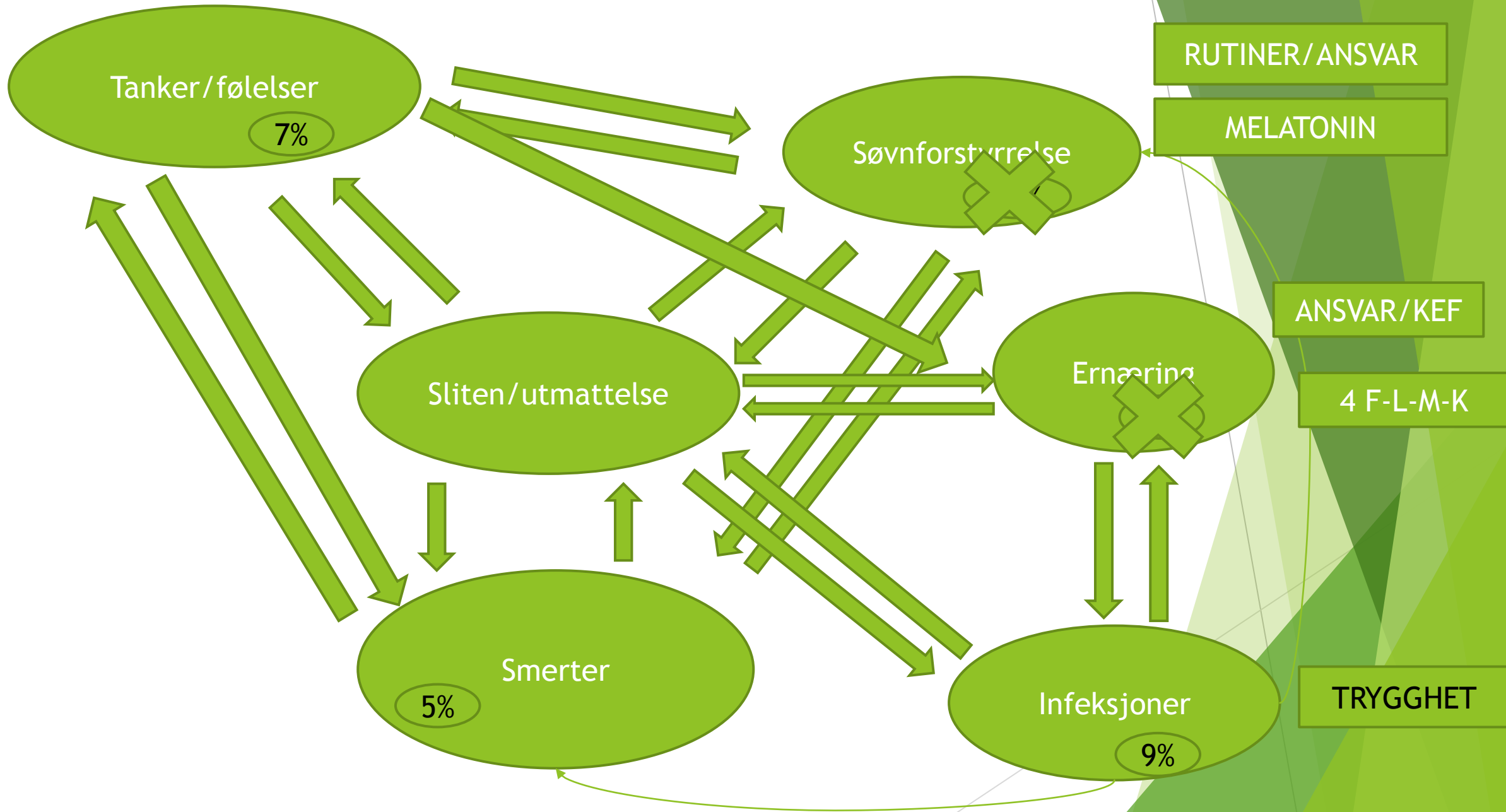
Da må en begynne å gjøre tiltak for at en skal få og ha det best mulig,
og være til støtte og sette inn de tiltak som vil være til hjelp for
pasienten.

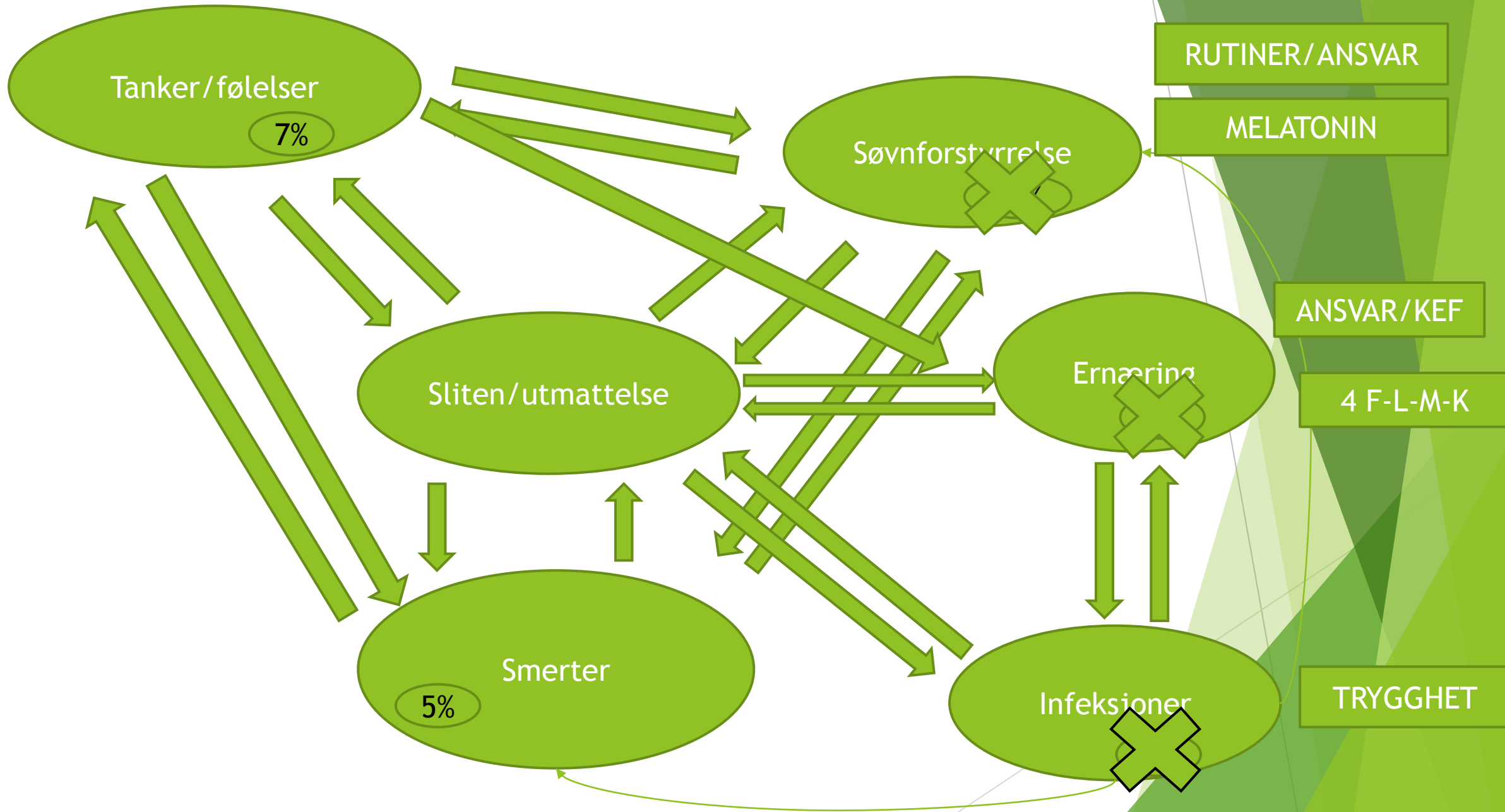


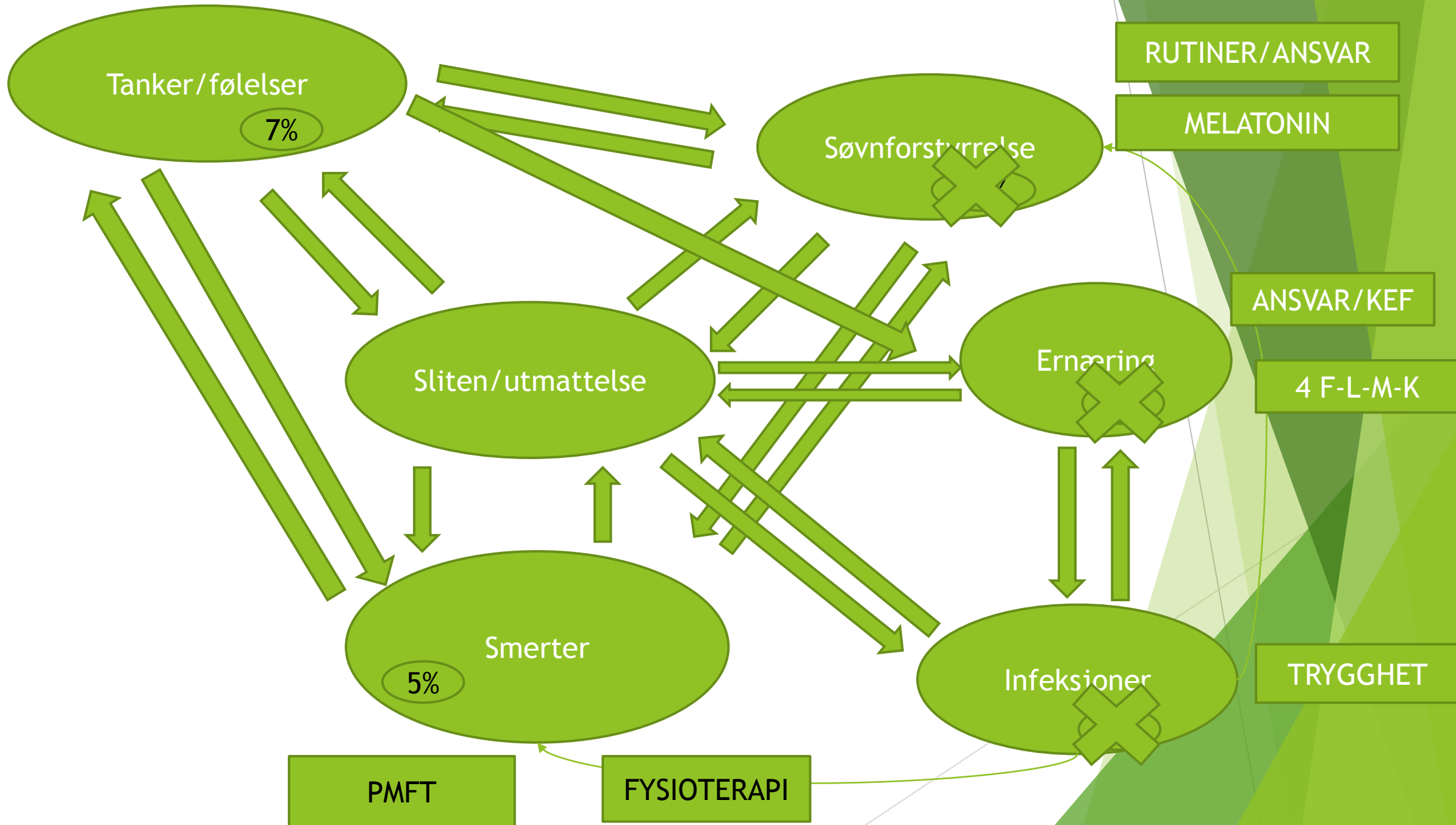


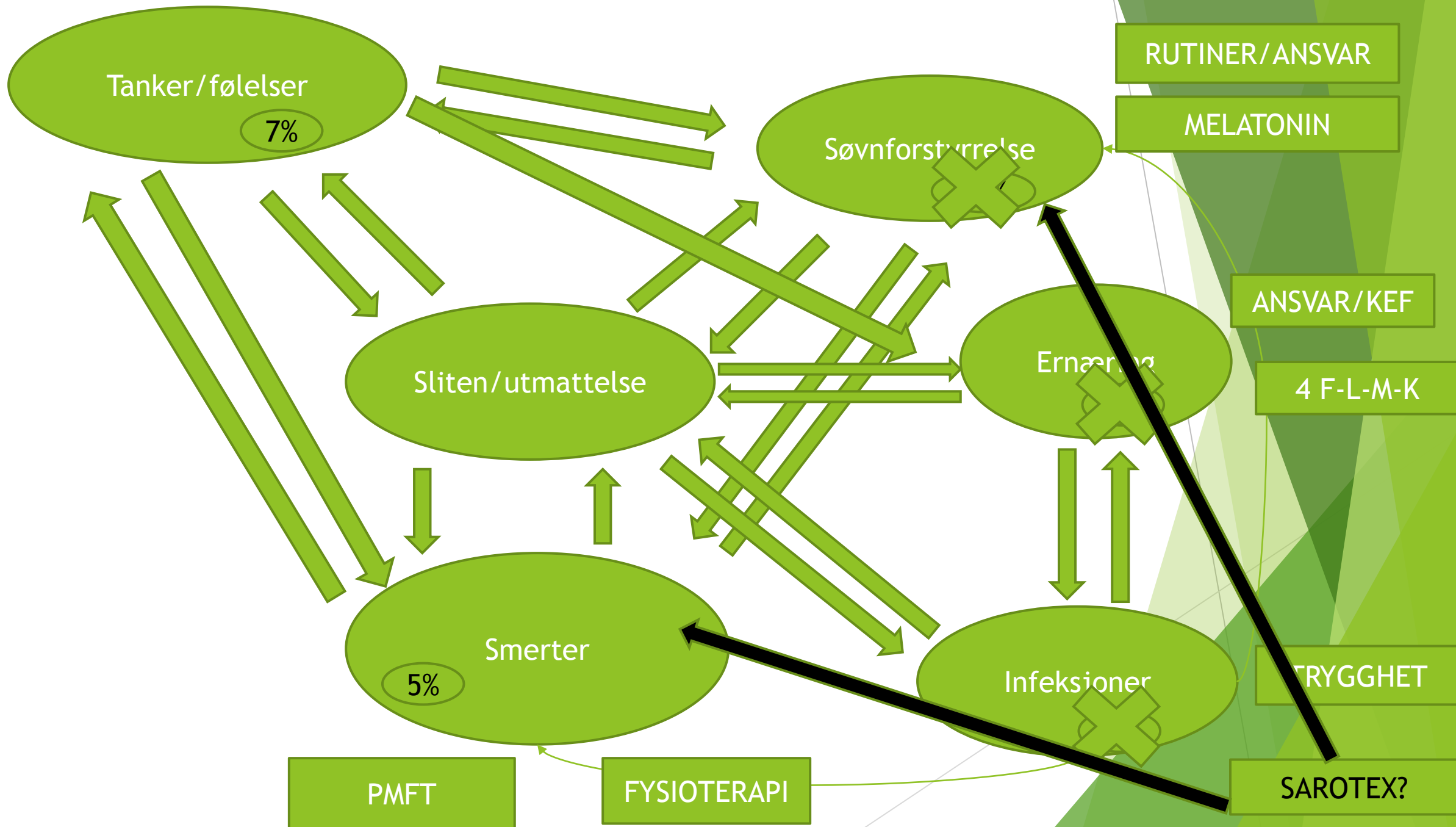


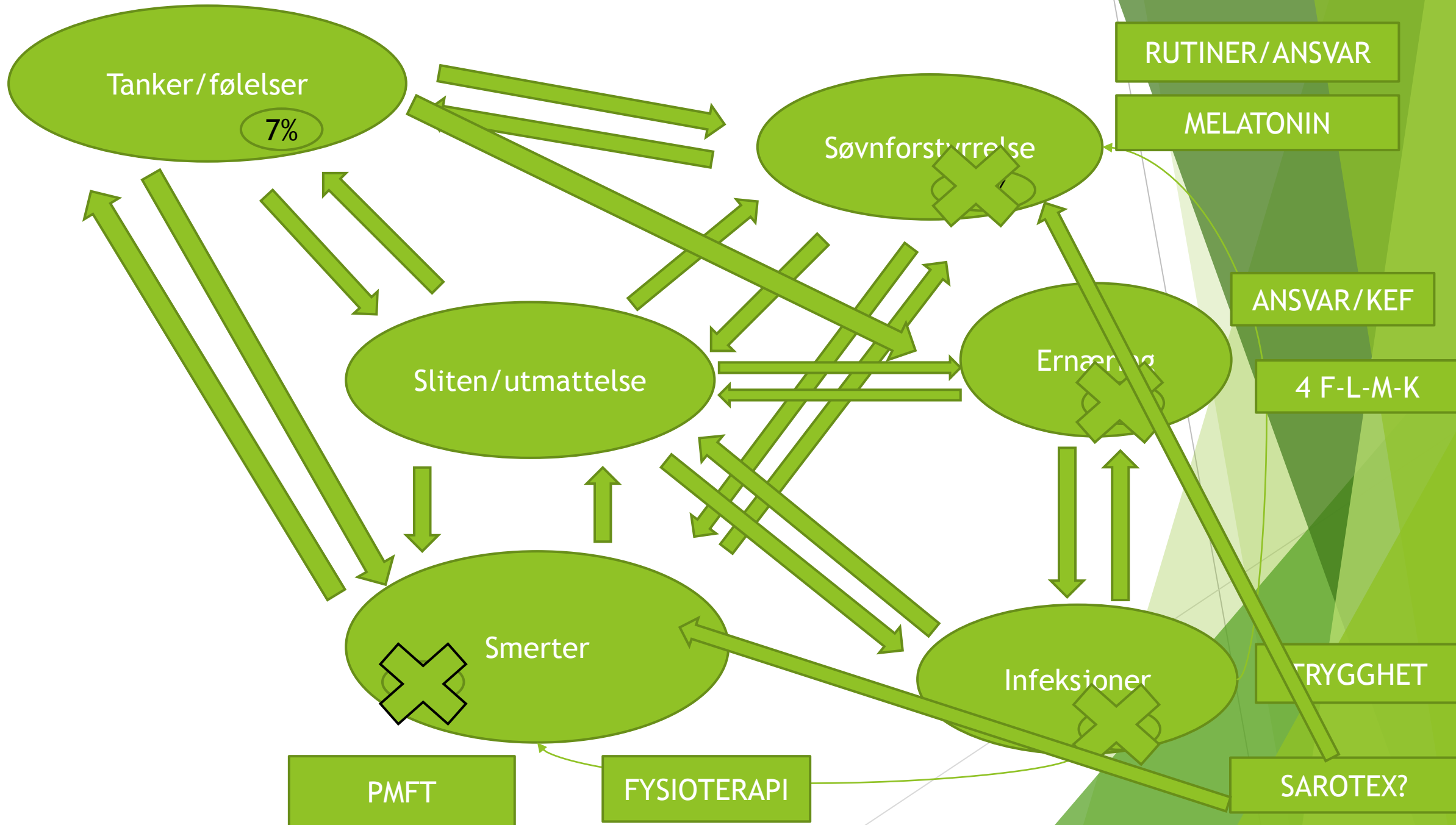












BUP/PSYKOLOG

Tanker/følelser
7%

Søvnforstyrrelse

RUTINER/ANSVAR

MELATONIN

Sliten/utmattelse

Ernæring

ANSVAR/KEF

4 F-L-M-K

Smerter

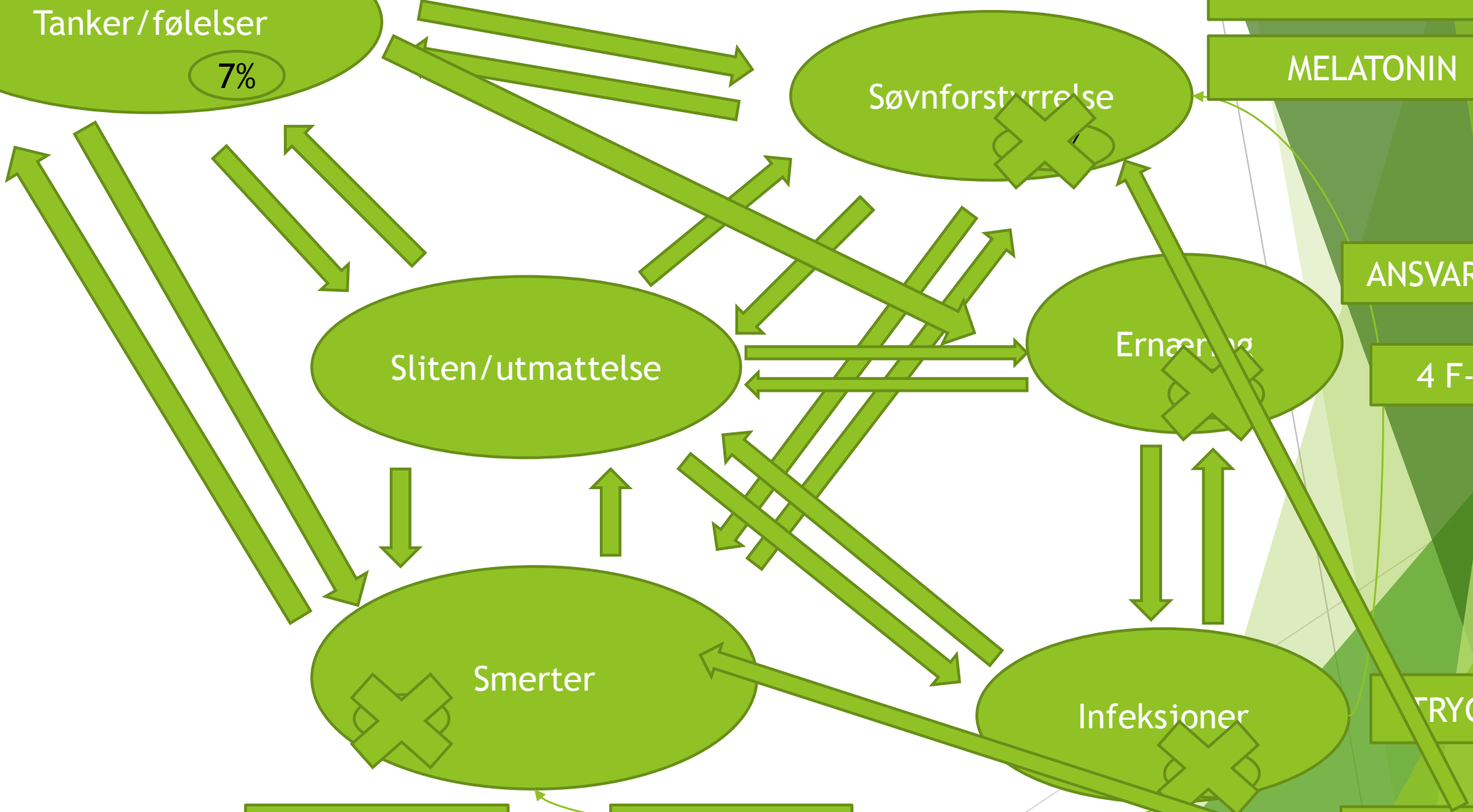
Infeksjoner

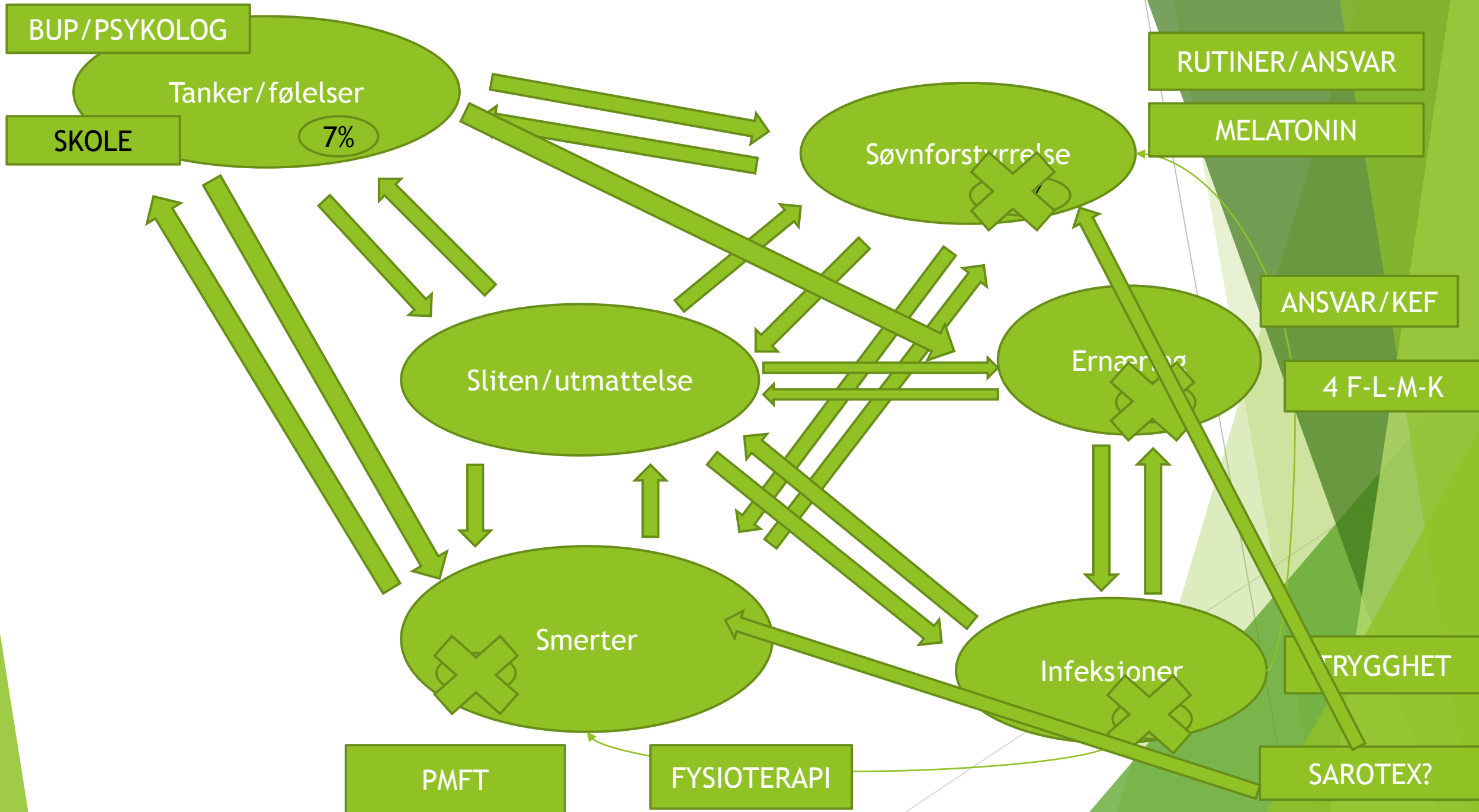
TRYGGHET

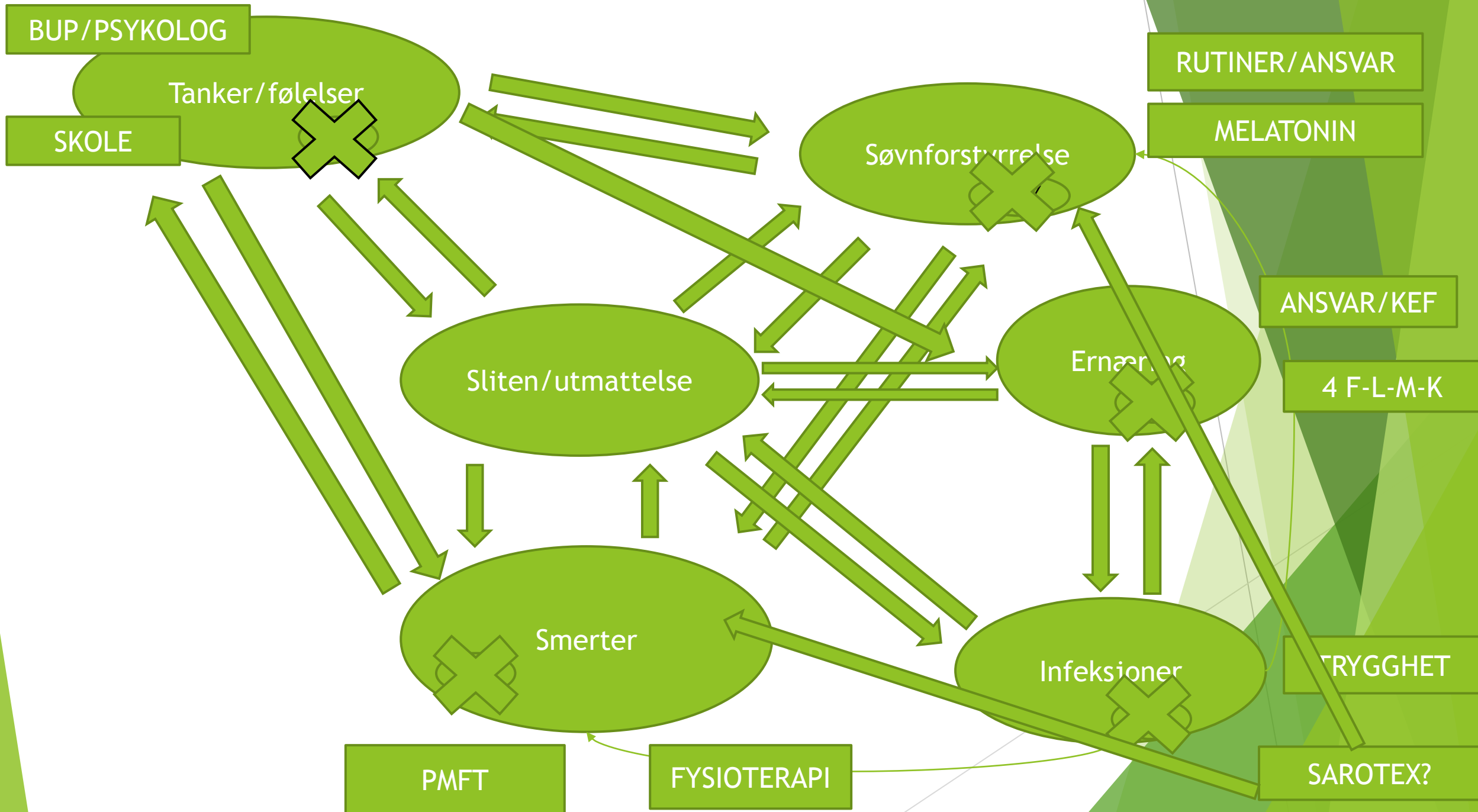
PMFT

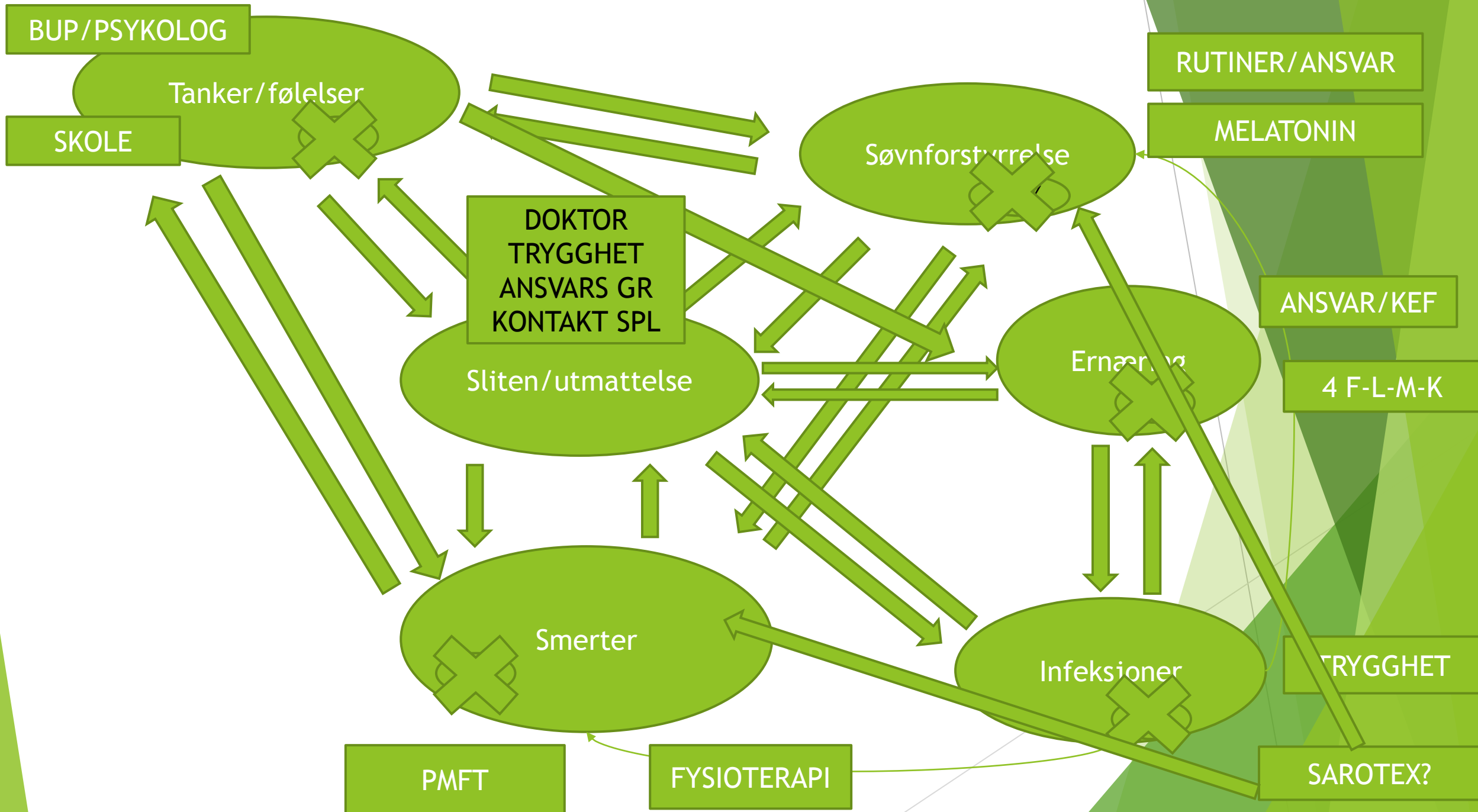
FYSIOTERAPI

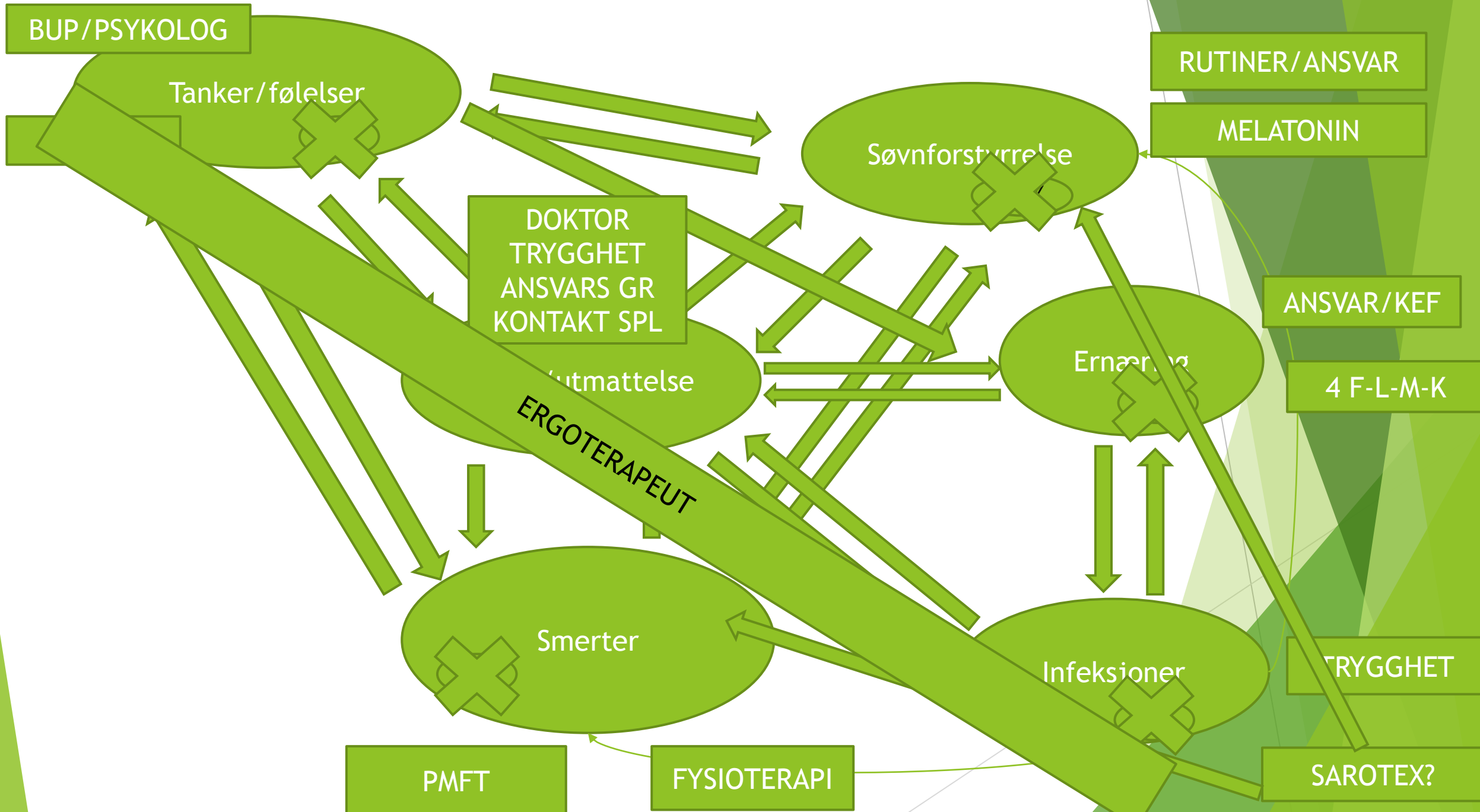
SAROTEX?

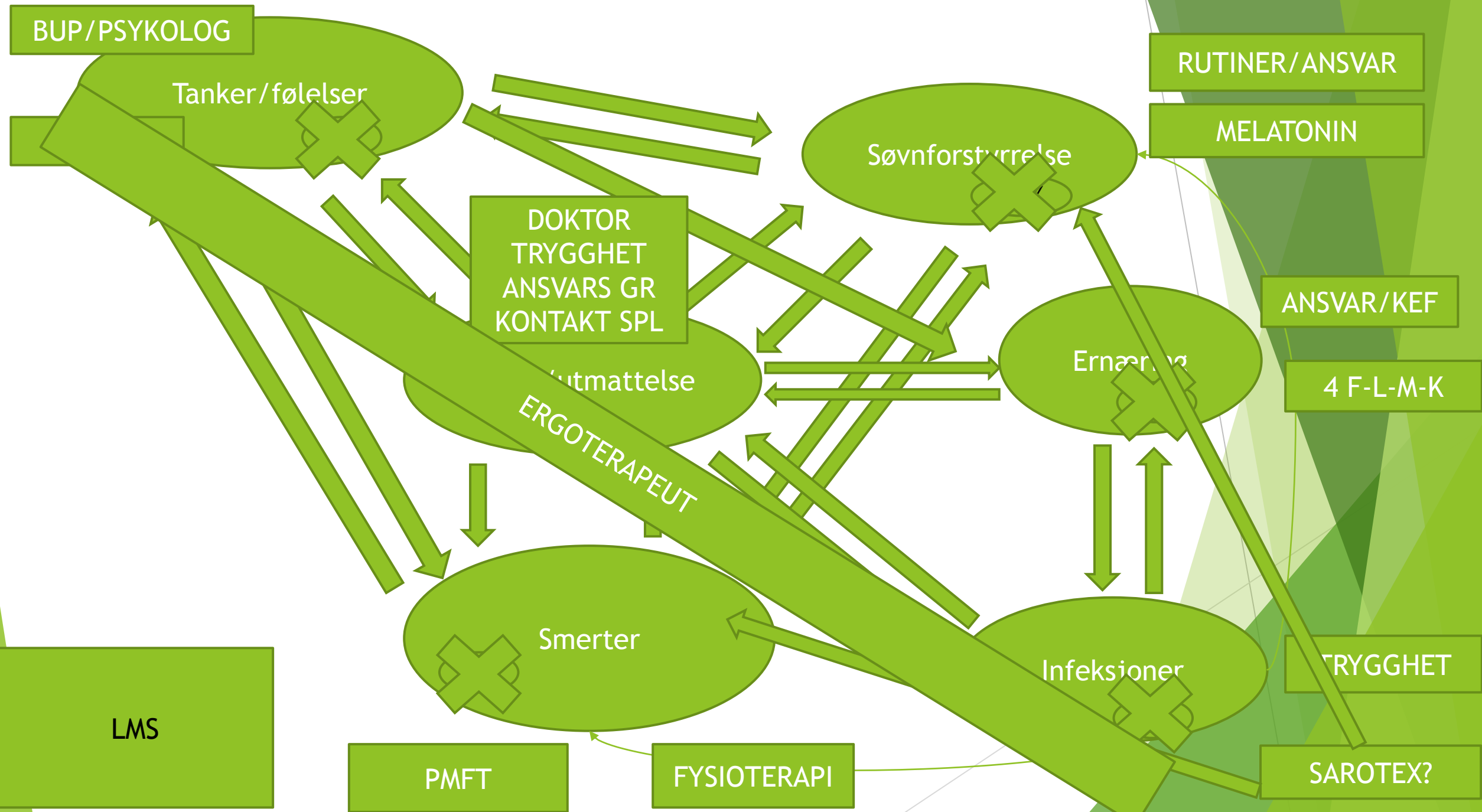












Det viktigste er å stå sammen som ett team med pasienten, hjelpe pasienten og støtte pasienten!

Viktig og se hvor man kan hjelpe, og at alle hjelpere snakker sammen!
For skal alle gjøre sitt og alle skal gjøre det de tror/mener er best for pasienten vil det trolig bli for mye uansett!