



BÖLÜM 22

PERKÜTAN ENDOSKOPIK GASTROSTOMİ (PEG)

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1. GİRİŞ

Perkütan endoskopik gastrostomi (PEG), oral beslenemeyen ve 4-6 hafta süreyle enteral beslenme ihtiyacı olan, fonksiyonel bir gastrointestinal sisteme sahip hastalarda uluslararası kılavuzlar tarafından önerilen beslenme ve beslenme desteği yoludur (1). PEG ilk defa 1980 yılında bir çocuk cerrahı olan Gauderer ve arkadaşları tarafından tanımlanmış ve yutamayan gastrointestinal sistemi sağlam olan 4,5 aylık bir çocukta uygulanmıştır (2).

Çeşitli etiyolojik sebeplere bağlı olarak oral beslenemeyen hastalarda, enteral beslenmenin sağlanması ve uzun dönemde sürdürülmesi büyük önem taşır. Makro ve mikro besinleri dengeli ve yeterli bir biçimde alabilmek, sağlıklı yaşamın temel kurallarından biridir. Özellikle nöroloji, onkoloji ve geriatri gibi bilim dallarında takip ve tedavisi gereken hastalarda hastaneye müracaat esnasında yeterli ve dengeli beslenememe sonucunda malnütrisyon geliştiği görülmektedir. Enteral ve parenteral beslenmenin birincil endikasyonu, yetersiz oral alımı olan hastalar için metabolik gereksinimleri karşılamak ve beslenme desteğinin sağlanmasıdır. Enteral beslenme, intra venöz yol ilişkili riskleri, daha yüksek maliyeti ve

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9. SONUÇ

1980 yılında ilk olarak tanımlanmasından bu yana PEG fonksiyonel gastrointestinal sistemi olan, oral alımı zayıf hastalarda enteral beslenme sağlamak için güvenli bir teknik olarak dünya çapında kabul görmüştür. PEG tüpünün yerleştirilmesinin birçok endikasyonu vardır ve kontrendike değilse önerilen beslenme tüp tipidir. PEG tüpleri minör hatta majör komplikasyonlara neden olabilir. Çekme tekniği en yaygın kullanılan yöntemdir, ancak bazı durumlarda başka teknikler de mümkündür veya hatta gerekli olabilir. PEG tüplerinin ne zaman ve nasıl yerleştirileceğini ve bunların nasıl yönetileceğini ve hatta çıkarılacağını bilmek birçok hastanın yönetiminin önemli bir parçasıdır. Başarılı sonucun sağlanması için komplikasyonların önlenmesi ve uygun şekilde yönetilmesi kritik öneme sahiptir.

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