

6. BÖLÜM

KISITLAMALARDA ETİK

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Kısıtlama

Kısıtlama; hastanın kendisini ya da başkalarını yaralamasını önlemek amacıyla, fiziksel aktivitelerinin kontrolü için bedeninin bir bölümünün hareketlerini kısıtlamaya yarayan fiziksel, kimyasal ya da mekanik ekipman kullanımınıdır⁽¹⁻³⁾. Bir kişinin fiziksel hareketini kısıtlamak, kişinin özgürlüğüne ilişkin önemli bir ihlaldir. Bu nedenle, hastaları fiziksel olarak kısıtlamak, sağlık hizmeti sunucularını, hastanın vücudunu hareket ettirme özgürlüğünü ihlal ederek ciddi bir ahlaki yanlış yapma riski altına sokar. Ancak, tüm kısıtlamalar etik değildir⁽⁴⁾. Hastaların fiziksel kısıtlaması, tıbbi cihazların yanlışlıkla çıkarılmasının önlenmesi gibi hasta güvenliği ile ilgili klinisyen endişeleri için hastanelerde yaygın olarak uygulanmaktadır⁽⁵⁾. Genel olarak, ajite veya deliryumda ve yaşamı tehdit eden tedavi gören hastalar için fiziksel kısıtlama kullanılmalıdır⁽⁶⁾. Kısıtlamada hasta yönetiminde, hemşireler kısıtlama sürecinde anahtar bir rol oynamaktadır⁽⁷⁾.

Eski Yunan ve Roma devletlerinde ruh hastalarına karşı olumsuz tutumlar sergilenmiş olup bu hastalar evlerinde hapsedilmişlerdir. İngiltere’de 18. yüzyılda psikiyatri hastanelerinde hastaların zincirlere vurulması ile şeklinde başlayan kısıtlama uygulaması Amerika Birleşik Devletleri’nde 19. yüzyılda terapötik ve etik açıdan uygun görülüp hastane ortamında oluşabilecek kaza ve yaralanmaları önlemede bir uygulama olduğu savunulmuştur^(8,9). Amerika, Avustralya ve Avrupa’da geleneksel bir yöntem olarak kullanıldığı belirtilmektedir. Kanada’da ise sadece hekim istemi ile uygulanabilmektedir⁽¹⁰⁾. Tarihsel süreçte dünyada birçok ülkede yaygın olarak kullanılmakta olduğu bilinmektedir. Avrupa’da dokuz ülkenin yoğun bakım ünitelerinde fiziksel kısıtlama uygulaması üzerine yapılan çalışmada %39 oranında kullanılmakta olduğu belirtilmektedir. İngiltere, Portekiz

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lamalarının kullanımı, riskleri üzerinden yeniden güncellenmesi önemli bir rol oynamaktadır. Hemşirelerin kısıtlama kullanımına ilişkin güncel bilgi edinmeleri algı ve tutumlarını değiştirebilir. Bu kısıtlamayı azaltmanın alternatif yöntemleri hakkındaki ön bilgilerle birlikte eğitim programları, kısıtlamayı azaltacak önlemler için girişimsel çalışmalar için araştırma girişiminde bulunabilirler.

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