

# PREOPERATİF HAZIRLIK VE PREMEDİKASYON

## 2. BÖLÜM

Tuğba ONUR<sup>1</sup>

### 1.Giriş

Anestezi gerektiren tüm işlemler öncesinde hastalar, anesteziyologlar tarafından klinik değerlendirmeye alınırlar. Anestezi süreci preoperatif değerlendirme, hazırlık ve uygun anestezi yönetim stratejisinin planlanması ile başlar (1). Ameliyat öncesi değerlendirme hastanın varolan tıbbi durumu, anestezi ve cerrahi öyküsü, cerrahi prosedüre ait hastanın anesteziyi tolere edebilme durumu, süreçler hakkında detaylı bilgilendirilmesi, onam alınması, ortaya çıkabilecek risklere karşı perioperatif ve postoperatif süreçlerin planlanması şeklindedir. Ameliyat öncesi süreci doğru yönetmek ve hazırlamak hasta memnuniyetini artırmakta; komplikasyonları, morbiditeyi, hastanede kalış süresini, mortaliteyi azaltmaktadır(2).

### 2.Premedikasyon

Premedikasyon hastanın cerrahi işleme psikolojik ve farmakolojik olarak hazırlanmasıdır. Anksiyetenin azaltılması, sedasyon, analjezi ve amnezi sağlamak, sekresyon azaltma, allerji profilaksisi, gastrik pH yükseltilmesi ile aspirasyon riskini azaltma gibi amaçlarla uygulanmaktadır. Hasta anksiyetesi ve korkusunun azaltılması anesteziyologlar için en az preoperatif hazırlık kadar önemlidir. Yapılan bazı çalışmalarda anksiyete açısından hastanın preoperatif değerlendirilmesi ve bilgilendirilmesi sedatif ajanlardan daha etkili olduğu sonucuna varılmıştır. Farmakolojik premedikasyon her hastaya gerekli değildir. Premedikasyon uygulamak için en önemli koşul hastaya acil havayolu desteğinin sağlanabileceği ekipmanların ve ekibin hazır olduğu ortamın sağlanmasıdır. İntravenöz veya oral

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## 8.Sonuç

Preoperatif değerlendirmenin alt başlıklarının her biri ayrı bir konu şeklinde oldukça detaylı anlatılabilecek özelliktedir. Bilinmesi gereken en önemli nokta preoperatif sürecin doğru sorgulanması ortaya çıkabilecek morbidite ve mortalite riskini azaltabilmektedir. Hastanın anamnez ve fizik muayene bulguları sorgulanırken aynı zamanda ortadan kaldırılabilir veya azaltılabilecek komorbid durumların varlığı da saptanabilir. Değiştirilebilir risk faktörleri belirlenebilir hatta risk azaltma stratejileri planlanabilir. Preoperatif değerlendirme ve premedikasyonda amaç; hastanın mevcut durumunun, risk faktörlerinin belirlenmesi, hastanın varolan ve ortaya çıkabilecek riskler konusunda bilgilendirilmesi, gerekli tedavilerin konsültan hekimler tarafından düzenlenmesi, hastanın onamının alınması ve anksiyetesinin azaltılması ile cerrahi ve sonrası sürecin daha güvenli yönetilebilmesidir.

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