

ALT EKSTREMİTE VE GÖVDE PERİFERİK SİNİR BLOKLARI

27. BÖLÜM

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1.Giriş

Alt ekstremitte ve gövde periferik sinir blokları, ileri derecede akciğer sorunları olan veya santral blokların uygulanamadığı hastalarda önemli rol oynamaktadır. Hem cerrahi işlemin uygulanması hem de sonrasında yeterli analjezi için son zamanlarda özellikle tercih edilmektedir. Ultrason kullanımı ile görerek blok uygulanması komplikasyon oranını düşürmenin yanında yüksek başarı oranı sağlamıştır. Ayrıca genel anestezi ile batin, toraks ve omurga cerrahileri sonrası ortaya çıkan şiddetli ağrıları da kolayca kontrol altına alabilmekteyiz.

2.Alt ekstremitte periferik sinir blokları

2.1.Femoral sinir bloğu

Winnie tarafından 1973 yılında “3 in 1 block” şeklinde femoral, lateral kutanöz femoris ve obturator sinirin anestezi tanımlanmıştır (1).

Femoral sinir, lomber pleksusun en büyük dalları arasındadır. Femoral sinir L2, L3 ve L4 spinal sinirlerin ventral ramilerinden doğar ve inguinal ligamanın altındaki femoral üçgene girer. Femoral sinir, sirkumfleks arter seviyesinde ön ve arka bölümlere ayrılır. Ön bölüm medial femoral kutanöz siniri oluşturur ve sartorius kasını innerve eder. Arka bölüm safen sinirini oluşturur ve kuadriseps femoris kasına innervasyon sağlar. Motor innervasyona ek olarak, femoral sinir ön uyluk ve dize ve diz altındaki medial alt ekstremitteye duyu sağlar. Safen sinir, medial alt bacak ve ayağın duyusundan sorumlu olan bir femoral sinir dalıdır (2).

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vers proçes, erektoör spina, psoas majör ve QL kaslarının oluřturduđu “Shamrock iřareti” gösterilir. Lokal anestezi QL kasının önüne verilir (3, 73).

Posterior QL blok, T7-L1 arasında analjezi sađlarken, anterior QL blok T10-L4 arasında, transmuskuler QL blok T4-L1 arasında analjezi sađlar (3). Genellikle abdominal, obstetrik, jinekolojik ve ürolojik ameliyatlardan sonra ađrı tedavisinde kullanılır. Yine femoral bypass, kalça, femur ve lomber vertebra ameliyatlarında bařarıyla kullanıldıđına dair yayınlar mevcuttur (74,75).

4.Sonuç

Genel anestezi uygulanamadıđı, santral blokların kontraendike olduđu durumlarda, alt ekstremite periferik sinir blokları ile yeterli anestezi ve analjezi sađlanmıřtır. Ayrıca toraks, batın veya spinal cerrahiler sonrası yeterli analjezi sađlanmasıyla hasta konforu da üst düzeylere ulařtırmıřtır. Tüm bunların yanında cerrahi bölgnin kan akımını artırır ve stres yanıtı da azaltır. Periferik sinir blokları gelecekte yeni bilgiler iřığında çok daha önemli bir yer tutacaktır.

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