

# Bölüm 5

## DELİRYUM

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### GİRİŞ

Deliryum dikkat ve bilişte kısa sürede ve akut olarak meydana gelen bozulma ile karakterize olan, özellikle 65 yaş ve üzeri kişilerde yaygın olarak görülebilen, yaşamı tehdit edici bununla birlikte potansiyel olarak önlenebilir bir klinik sendromdur (1). Hastanede yatarak tedavi gören 65 ve üzeri yaştaki hasta popülasyonunda en sık görülen komplikasyondur (2). Deliryum özellikle büyük cerrahi operasyonlardan sonra ve yoğun bakım ünitesi hastalarında sık görülmektedir (1). Görülme sıklığı yüksek olmasına rağmen yaklaşık her üç vakadan birine tanı konamadığı bildirilmiştir (3). Deliryum hastanede kalma süresini uzatmakla birlikte deliryum gelişmiş olan hastalarda operasyon sonrası komplikasyon daha sık görülmektedir. Ek olarak deliryum gelişen hastalarda postoperatif dönemde iyileşme süresi uzatma, komplikasyonlar nedeni ile mortalite ve morbidite oranlarını arttırmaktadır (4-8). Deliryumun önlenmesi ayrıca hasta güvenliği kapsamının önemli bir bileşeni ve yaşlı hasta bakım kalitesinin önemli bir göstergesi olarak kabul edilmektedir (9, 10).

Bu kitap bölümünde deliryumun klinisyenlerce tanınırlığını artırma amacıyla tanı koyma ve tedavi sürecinin anlatılması amaçlanmıştır.

### EPİDEMİYOLOJİ

Deliryum hastanede yatarak tedavi gören yaşlı hastalarda sık görülmekle birlikte görülme sıklığı hastaların klinik özelliklerine ve bakım ünitelerine göre farklılık göstermektedir. Deliryum yaygınlığı genel toplumda %1-2 olarak bildirilmiştir. Bu oran yaşla birlikte artış gösterir ve 85 yaşın üzerinde genel toplumda %14'e

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olabilir ancak bulguların genellenebilirliği açısından yeterli kanıt düzeyi mevcut değildir. Deliryumun önlenmesi ve tedavi edilmesinde melatonin ve melatonin agonistleri, deksametazon gibi kortikosteroidler, gabapentin gibi ajanların etkili olabileceğine dair veriler mevcutsa da çalışma sayısının ve çalışmalardaki katılımcı düzeyinin azlığı, metodolojik sorunlar, farklı hasta popülasyonlarının varlığı gibi nedenlerden ötürü bulguları genellemek henüz mümkün değildir (85).

## **SONUÇ**

Deliryum özellikle altta yatan hastalığı olan yaşlı kişilerde sık görülür ve deliryumun ortaya çıkması negatif klinik sonuçlar ile yakından ilişkilidir. Deliryumun çok faktörlü doğası nedeniyle deliryumu önleme ve tedavi etme stratejilerinin çok sayıda faktörü hedef alması gerekmektedir. Deliryuma yaklaşımın temelini risklerin belirlenmesi, çevresel koşulların ele alınması, altta yatan nedenlerin ve semptomların erken tanınması ve tedavi edilmesi oluşturur. Herhangi bir ilaç lehine açık kanıtlar olmamasına rağmen farmakolojik tedaviler deliryuma yaklaşımın önemli bir parçasıdır. Deliryumun ele alınması, tedavi edilmesi ve neden olabileceği olumsuz sonuçların iyileştirilmesi sağlık sisteminin genel kalitesini yükseltecektir.

Anahtar Kelimeler: Deliryum, dikkat, bilişsel işlevler, yönelim, oryantasyon

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