

Bölüm 21

GEBELİK VE RUHSAL HASTALIKLAR

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GİRİŞ

Kadın yaşamının doğal bir süreci olan gebelik, ruhsal hastalıkların diğer yaşam dönemlerine göre daha sık görüldüğü, var olan hastalıklarda alevlenmelerin ortaya çıkabildiği bir dönemdir. Gebelik sürecinde görülen ruhsal bozukluklar, morbiditeyi artıran önemli sebeplerdendir. Son derece hassas dönemler olan gebelik ve postpartum periyot, depresyon ve anksiyete gibi ruhsal bozukluklar için ortaya çıkarıcı bir etmen olabilmektedir (1). Anne sağlığını olumsuz etkileyen ruhsal bozukluklar, çocuk için de bazı riskleri beraberinde getirmektedir. Gebelikte ortaya çıkan mental bozukluklar, fetal büyüme ve gelişmeyi bozarak prematürite ve düşük doğum ağırlığı gibi komplikasyonlara yol açabilmektedir (2,3). Bu bozukluklar postpartum dönemde ortaya çıktığında ise; çocuğun ruh sağlığını olumsuz etkileyebilmekte (4,5), ilerleyen yaşlarda çocukta bilişsel ve davranışsal sorunlara yol açabilmektedir (6-8).

Fetüs üzerinde olası teratojen etkileri nedeniyle, ilaç kullanımının da çok kısıtlı olduğu gebelik ve postpartum dönem, klinisyen açısından pek çok zorluğu beraberinde getirmektedir. Ruhsal bozukluklarda görülebilen uyku ve iştah düzensizlikleri, enerjisizlik, huzursuzluk, anksiyete gibi bulgular, gebeliğin doğal seyrinde de görülebilen belirtilerle karışabilmekte, ruhsal bozukluk tanısı atlanabilmekte veya gecikebilmektedir. Bu nedenlerle, anne ve çocuk sağlığını olumsuz etkileyen ruhsal bozuklukların erken dönemde tanınabilmesi büyük önem taşımaktadır. Bu bölümde, gebelikte orataya çıkan veya halihazırda var olan ruhsal bozuklukların gebelik sürecindeki seyirleri, postpartum döneme özgü ruhsal bozukluklar, gebelikte ve postpartum dönemde ilaç kullanımı ele alınarak; bu dönemlerde ruhsal bozuklukların tanınması ve uygun tedavi yaklaşımlarının seçilmesine yol gösterecek bilgilerin paylaşılması amaçlanmıştır.

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Trifluoperazin	C	N/A
ATİPİK ANTİPSİKOTİKLER		
Aripiprazol	C	L3
Klozapin	B	L3
Olanzapin	C	L2
Ketiypin	C	L4
Risperidon	C	L3
Ziprasidon	C	L3
Amisülpirid	B	N/A
BENZODİAZEPİNLER		
Alprazolam	D	L3
Klonazepam	D	L3
Diazepam	D	L3
Lorazepam	D	L3
Laktasyon Risk Kategorileri	L1: En güvenilir L2: Güvenilir L3: Orta güvenli	L4: Muhtemelen zararlı L5: Kullanımı kontrendike N/A: Veri yok.

Anahtar Kelimeler: Gebelik, postpartum hüzün, postpartum psikoz, konjenital malformasyon, preterm doğum, düşük doğum ağırlığı, laktasyon

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