8. Bölüm

Telekardiyoloji

Bektaş MURAT[1]

GİRİŞ

Kardiyovasküler hastalıklar, dünyada bulaşıcı olmayan hastalık ölümlerinin önde gelen nedenidir. 2015 yılında kardiyovasküler hastalıklar dünya çapında 17,7 milyon insanı öldürdü ve gelişmekte olan ülkelerde dörtte üçünden fazla ölüme neden oldu (1). 2015 yılında kardiyovasküler hastalıklardan ölen hastaların 7,4 milyonu iskemik kalp hastalığından dolayı öldüğü bildirildi. Sessiz iskemisi olan hastalar kalp krizi geçirene kadar bu durumun farkına varmıyorlar (2). Bu nedenle, ölüm riskini azaltmak için, şüpheli veya gerçek iskemik kalp hastalığı olan hastalarda kardiyak aktivitenin sürekli izlenmesi ve tedavinin hızlı başlatılması ciddi hayati önem arz etmektedir. Özellikle şehir merkezlerinden uzakta yaşayan ve sağlık ulaşımında engelleri olan kardiyovasküler hastalar için telekardiyolojinin uygun olduğunu ve takip oranını iyileştirdiği kanıtlamıştır (3). Araştırmalar, telekardiyolojinin akut koroner sendrom, atriyal fibrilasyon ve senkop yönetiminde yararlı olduğunu ve hatta kardiyovasküler birinci basamak bakım stratejilerinin uygulanmasında yararlı olduğunu kanıtlanmıştır (4). Ayrıca ST yükselmeli miyokard enfarktüsünün (STEMI) kapıdan- balon süresini de azaltır (5).

TELE TIP

Tele tıp, hemen hemen her tıbbi uzmanlık dalında teşhis, izleme ve tedavi amaçlı gelişmiş telekomünikasyon teknolojisinin uygulamasıdır. Tele tıp, hastalar ile sağlıkçılar ve sağlıkçılar arasında canlı, çift yönlü ses ve video etkileşimini içerir.

[1] Uzm. Dr. Eskişehir Şehir Hastanesi kardiyoloji Bölümü. dr.bektash@hotmail.com

SONUÇ

Teletıp kullanımı, akut koroner sendrom, kalp kapak hastalığı, kronik kalp yetmezliği, kardiyak aritmi gibi kardiyovasküler hastalıkların yönetiminde yeni teknolojilerin gelişmesiyle yaygın olarak devam etmektedir. Gereksiz hasta sevki, hastane yatışları, mortalite, morbidite ve hasta bakım maliyeti ve iş yükü üzerinde olumlu etkileri gösterilse de Tele-kardiyoloji destek hizmetlerinin potansiyel faydalarını ve maliyet etkinliğini değerlendirmek için daha fazla araştırmaya ihtiyaç vardır.

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