# Bölüm 4

# GEBELİKTE MEYDANA GELEN FİZYOLOJİK DEĞİŞİKLİKLER VE OBSTETRİK ANESTEZİ YÖNETİMİ

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## GİRİŞ

Gebelik sürecinde gelişmekte olan fetüsün beslenmesi ve gelişimini sürdürebilmesi için anne vücudunda önemli anatomik ve fizyolojik değişiklikler meydana gelir. Bu değişiklikler birçok organ sistemini etkiler. Çoğunlukla genç ve sağlıklı bireylerin oluşturduğu gebelik olgularının hamilelik süresinde göstermiş olduğu fizyolojik değişikliklerin iyi bilinmesi ve patolojik değişikliklerin ortaya konması için ayrıntılı anestezi değerlendirmesi yapılmalıdır. Gebelik, başta solunum sistemi olmak üzere, kardiyovasküler sistem, sindirim sistemi, üriner sistem ve hematolojik sistem olmak üzere birçok sistemi (endokrin, metabolik, immün sistem…) etkiler.

Bu bölümde gebelik süresince oluşan fizyolojik değişiklikleri ve obstetrik hastalara anestezik yaklaşımı ele alacağız.

## SOLUNUM SİSTEMİ DEĞİŞİKLİKLERİ

Gebelikle birlikte oksijen ihtiyacında önemli bir artış meydana gelir. Çünkü, metabolizma hızında yaklaşık %15 ve oksijen tüketiminde %20 oranında bir artış olur. Dakika ventilasyonda %40-50'lik bir artış vardır. Gebedeki hiperventilasyona bağlı olarak arteriyel pO2'de artış ve arteriyel PCO2'de düşüş olur. Serum bikarbonat düzeyi ise, 18-22 mmol/l civarında, yani hafif kompanse solunumsal alkaloz durumu vardır. (1-3) İnspiratuar yedek hacim, gebeliğin erken döneminde tidal volümün artmasına bağlı olarak azalırken, 3.trimesterde Fonksiyonel Rezidüel Kapasite (FRK)' nin azalmasına bağlı olarak artar. Diyafragmatik yükselme ve göğüs anteroposterior çapında artışa bağlı olarak FRK azalır. Nefes darlığı, hamileliğin herhangi bir döneminde başlayabilen, konuşurken veya efor

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