

## Bölüm 5

### GELECEĞİN PROTOKOLÜ ERAS VE ANESTEZİ

Ela ERDEM HİDİROĞLU<sup>1</sup>  
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Günümüzde hem cerrahi hem de anestezi tekniklerinin ilerlemesiyle cerrahi tedavi alan hasta sayısı gittikçe artmaktadır. Cerrahi tedavi hastaya preoperatif, peroperatif ve postoperatif uygulanacak bütün bakım ve tedavi yöntemlerini kapsamaktadır. Cerrahi tedavi dönemi birden fazla meslek grubunun (cerrah, anestezi, hemşire, fizyoterapist ve diyetisyen gibi) beraber uyumlu bir şekilde hareket edeceği çok yönlü bir yaklaşım gerektirmektedir. Bu çerçevede günümüzdeki tedavi ve bakım yöntemlerinin yetersiz olmasından dolayı geleneksel yöntemlerden ziyade kanıta dayalı yöntemlerle ilerleme sağlanmalıdır (1).

#### ERAS (ENHANCED RECOVERY AFTER SURGERY) PROTOKOLÜ

Büyük cerrahi operasyonların ardından hastanın yatış süresini belirleyen etmenler ağrı kesici ve mayi ihtiyacı ile mobilizasyondaki engellerdir.

Hastanede yatış süresinin kısaltılması kişinin normal vücut işlevlerine erken dönmesiyle ilişkili olduğundan, operasyon sonrası meydana gelecek işlev kaybının asgari düzeye indirilmesi amaçlanmalıdır. 2001 senesinde Avrupa ülkelerinden beş (İskoçya, İsveç, Danimarka, Norveç ve Hollanda) bu durumu bilimsel çerçevede, kanıta dayalı tıp kurallarına bağlı kalarak araştırmak ve sonuçlarını değerlendirmek amacıyla birlikte bir çalışma ortamı oluşturdu. Cerrahi sonrası iyileşmenin hızlandırılması (Enhanced Recovery After Surgery-ERAS) protokolu geliştirildi. İyileşme Protokolleri yaklaşık otuz yıldır, kolorektal cerrahi, kalp damar cerrahisi, göğüs cerrahisi, üroloji ve jinekolojik cerrahi operasyonlarının perioperatif idaresinde başarıyla kullanılmaktadır.

ERAS protokolleri preoperatif, perioperatif ve postoperatif bilimsel verilere dayalı değişiklikleri kapsayan bakımı içermektedir ve ana ilkeleri preoperatif; hasta eğitimi, her zaman yapılan mekanik bağırsak temizliğinden kaçınılması, uzun süreli gıdasız kalınmanın önlenmesi, preoperatif iki saate kadar karbonhidratlı sıvıların içilmesi, premedikasyon yapılmaması, antimikrobiyal profilaksi, operas-

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**Ağrı Tedavisi:** Eras protokolünde ağrı tedavisi hasta hastaneye başvurmadan önce başlar. Preopetatif dönemde açlık süresinin kısaltılması anksiyeteyi ve ağrı persepsiyonunu azaltır. Analjezik ilaçlar ve sinir blokları ile uygulanan multimodal analjezi protokolleri ile hasta konforu sağlanır

Doksanlı yıllarda klinik uygulamaya giren ERAS uygulamaları hasta güvenliğini ve tıbbi uygulamalarının başarılarını arttırdığı gibi hastanede yatış süresini kısaltmış ve maliyetleri azaltmıştır. Başarıların artması için derlenmeyi kısaltan faktörlere önem verilmelidir.

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