

Bölüm 16

POST DURAL POKKSİYON BAŞ AĞRISI

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REJYONAL ANESTEZİ

Rejyonel anestezi; 1800 lü yılların sonlarında bir lokal anestezi olan kokainin kullanıma girmesiyle ilk olarak uygulanmaya başlanmıştır. Zaman içerisinde teknolojik gelişmelerle ve yeni bulunan lokal anesteziklerle birlikte yöntemler daha da çeşitlenmiş ve günümüzde yaygın olarak kullanılmaktadır.

Genel anesteziye göre bazı avantajları mevcuttur. Bunlardan bazıları; hastanın uyanık olması, spontan solunumunun devam etmesi, orofaringeal reflekslerin korunması, daha uzun süre postoperatif analjezi sağlanması, erken mobilizasyon ve hastaneden erken taburculuk olarak sayılabilir.⁽¹⁾

ANATOMİ

Vertebral kolon; 7 servikal, 12 torakal, 5 lomber, 5 sakral ve 4 koksigeal olmak üzere toplam 33 vertebradan oluşun ve servikalde lordoz, torakalde kifoz ve lomber bölgede lordoz oluşturan bir yapıya sahiptir. Oluşturduğu bu eğrilikler verilen lokal anesteziğin yayılımında etkili olduğu için önemlidir.

Spinal kord vertebral kanal içinde dıştan içe doğru dura mater, araknoid mater ve pia mater olmak üzere üç kılıf ile çevrilidir. Dura mater ve araknoid mater birbirine sıkı şekilde bağlı olup aralarında subdural boşluk adı verilen potansiyel bir boşluğu barındırır. Araknoid mater ve spinal kordu saran vasküler bir kılıf olan pia mater arasında oluşan boşluğa ise subaraknoid boşluk denir ve beyin omurilik sıvısı (BOS) bu alanda bulunur. (Şekil 1)

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Akapunktur, epidural salin ve epidural hidroksietil nişasta solüsyonlarında önerilen diğer tedavi yöntemleridir.

SONUÇ

PDPBA; ilk rejyonal anestezi teknikleri uygulanmaya başlandığı yıldan bu zamana kadar hastaların en çok şikayet ettiği konulardan biri olmuştur. Güçlü kanıtlarla desteklenmiş evrensel kabul gören medikal bir tedavisi olmasa da kullanılan ilaçlarla hastaların semptomlarında azalmalar meydana gelmektedir. Epidural kan yaması tedavide gold standart olan invaziv bir yöntemdir. Zaman içinde teknolojik gelişmeler ile birlikte farklı iğne türleri geliştirilmesiyle görülme insidansı azalmış olmasına rağmen günümüzde hala tedavi edilmezse ciddi morbidite ve mortaliteye sahiptir.

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Güncel Anesteziyoloji ve Ağrı Çalışmaları III

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