



BÖLÜM 19

JİNEKOLOJİK KANSERLERİN BAKIM VEREN AİLE ÜYELERİ ÜZERİNDEKİ ETKİLERİ

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GİRİŞ

Onkoloji alanındaki tanı ve tedavi yöntemlerinde meydana gelen gelişmelere rağmen kanser görülme sıklığı artmaktadır. Dolayısıyla her geçen yıl daha fazla insan, kanser hastalığının yıkıcı etkisiyle karşı karşıya kalmaktadır⁽¹⁾. Birey kanser tanısını ilk aldığı anda şok, üzüntü, öfke, inkar, ölüm korkusu gibi duygular yaşamaktadır. Bazı hastalar tanıya inanmak istememekte, kanser tanısını almayı “neden ben?” şeklinde sorgulamaktadır^(2,3). Kanser tanısını almak, başta fiziksel, ruhsal ve sosyal açılardan olmak üzere pek çok farklı zorluğun yaşanmasına neden olmaktadır⁽⁴⁻⁶⁾. Öte yandan aile üyelerinden birinin kanser tanısını alması kişisel bir deneyim değil, tüm aileyi derinden sarsan bir durumdur^(7,8). Kanser tanısını alan bir bireyin aile üyelerinin, tanı ve tedavilerden kaynaklı olumsuz değişimlerden etkilenmemeleri mümkün değildir^(9,10). Zaman içerisinde aile üyeleri “bakım veren” kimliğine bürünmekte, bu durumun getirdiği fiziksel, ruhsal, psikososyal, ekonomik birçok zorlukla baş etmek durumunda kalmaktadır⁽¹¹⁻¹³⁾. Türk kültüründe aile üyeleri, kanser tanısını alan yakınına tedavi ve bakım vermede önemli rol oynamaktadır^(8,14). Bunun temelinde, toplumumuzda aile bağlarına önem verilmesi, bağlılık ve minnet gibi duygular yatmaktadır⁽¹⁵⁾.

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Tüm bu çalışmalar alanında uzman sağlık çalışanları tarafından bakım veren aile üyeleri için ihtiyaca özel, sistemli ve süreklilik arz eden müdahalelerin gerçekleştirilmesinin, bakım verenlerin duygusal bakım yükünü azaltıp baş etmesini kolaylaştırarak fiziksel ve mental sağlıkları üzerinde yararlı etkiler ortaya koyabileceğini göstermektedir^(109, 110, 113). Sağlık profesyonellerinin bakım verenlerin yaşadığı zorlukların bilincinde olması, zorluklar ile baş etmelerini değerlendirmeleri, destek olmaları ve gerektiğinde psikolog vb. bir uzmana başvururmayaya teşvik etmeleri gereklidir.

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