



YOĞUN BAKIMDA TELETIP

Zeliha KORKMAZ DIŞLI¹

GİRİŞ

Yoğun bakım, kritik hastaların yönetiminde bütünleyici bir rol oynar. Yoğun bakım uzmanları tarafından aktif olarak yönetilen yoğun bakım üniteleri diğer uzmanlara göre, daha kısa kalış süreleri ve daha düşük komplikasyon ve mortalite oranları dahil olmak üzere daha iyi hasta sonuçları sağlar (1). Buna rağmen, tüm yoğun bakım ünitelerinin ancak bir kısmında yoğun bakımcı tarafından direk bakım sağlanabilir (4,5). Dünyada olduğu gibi ülkemizde de yaşlı nüfusun artması, yaşam süresinin uzaması, kronik hastalıkların artması, tüm insanların eşit sağlık hizmetine ulaşabilmeleri, maliyetin düşürülmesi ve deneyimli sağlık personelinin yararlı kullanımı için tele-tıp uygulamalarının çözüm olacağı düşünülmektedir.

Amerikan Tele-tıp Derneğinin yaptığı tanıma göre “Tele-tıp, sağlığın küresel olarak daha iyileşmesini, hastalıkla savaşımı, sağlık hizmetine katkıda bulunmayı, öte yandan eğitim, yönetim, sağlıkla ilgili araştırma yapmayı amaçlayan, bilişim ve iletişim teknolojilerini kullanarak uzaktan işlem yapma özelliğini içeren sağlıkla ilgili etkinlikler, hizmetler ve sistemlerdir” olarak tanımlanmıştır

Tele-yoğun bakım (tele-YBÜ) ise yoğun bakım uzmanı bulunmadığı durumlarda hasta bakımına yardımcı olmak için görsel-işitsel teknolojileri kullanarak kritik hastanın uzaktan monitorizasyonu, değerlendirilmesi, tanı konulması ve tedavisinin sağlanmasıdır.

¹ Uzm. Dr., İnönü Üniversitesi Turgut Özal Tıp Merkezi, Anesteziyoloji ve Reanimasyon Kliniği Yoğun Bakım Yandal, zelihakorkmazdisli@hotmail.com

geceyi gündüze çeviriyor (84). Uzaktan izleme sitelerini dünyanın diğer ucuna kurmak, profesyonellerimizin daha iyi iş-yaşam dengesini teşvik edecek ve ayrıca makul bir şekilde bakımın kalitesini ve zamanlamasını iyileştirmesi beklenebilir.

Yoğun bakım tele-tıbbının potansiyeli göz ardı edilemeyecek kadar büyüktür ve bu nedenle gelecekteki yoğun bakım ünitesinin önemli bir özelliği olması giderek daha olasıdır. Kritik bakım tele-tıbbının standart YBÜ uygulamasına başarılı bir şekilde entegre edilmesi için, gelişigüzel yaklaşımından daha sistematik ve kanıta dayalı bir uygulama yol haritası gereklidir. Gelecekteki araştırmalar, yalnızca ilişkili sonuçları tanımlamaktan ziyade, tele-YBÜ uygulaması ile etyolojiyi açıklamaya daha fazla odaklanmalıdır. Tele-YBÜ tam potansiyeline ancak yüksek kaliteli araştırmalara dayalı sürekli ilerleme ile ulaşılacaktır.

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