

## Bölüm 5

# GIYİLEBİLİR TEKNOLOJİLER

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### GİRİŞ

Bir hastalık oluştuğunda ya da taburculuk sonrasında hasta bireyin aktivitesi, diyetle uyumu, semptom belirleme, sakatlık yada hastalığı yönetme durumu, psikolojik durumu yada yaşam kalitesi gibi parametreler çoğunlukla ölçekler kullanılarak değerlendirilmektedir. Fonksiyonel sonuç değerlendirmesi, olumsuz bir sağlık olayından sonra bir hastada işlev veya sakatlık seviyesini nesnel olarak ölçmek için sistematik bir yaklaşımdır. Sağlık çalışanları hastanede yatış sırasında, taburculuk sonrasında yada kontrollerde hastaların kendi bildirimleri dikkate alan ölçekler kullanarak değerlendirme yaparlar. Klinik bağlamda fiziksel aktivitenin izlenmesi, sağlıklı yaşam durumu takibi, aktivite takibi, psikolojik parametrelerin belirlenmesi için hastaların kendi raporlarını yapmak yerine daha objektif, standartlaştırılmış ve geliştirilebilir yöntem kullanmaları gerekmektedir <sup>(1)</sup>.

Giyilebilir sağlık teknolojisi, kullanıcının vücuduna eklenebilecek farklı aksesuar türlerinde bulunan akıllı elektronik ürünleri ifade eder <sup>(2)</sup>. Giyilebilir teknolojiler, kalp atış hızı, yürüme anormallikleri, kalp ritimleri, yakılan kalori sayısı gibi ölçümleri yapan ve uyku sürecinde de verileri yakalayabilen tüm vücutta kullanılan cihazlardır. Bu cihazlar daha sonrasında başka cihazlar ile bağlantı kurularak kişiye ait verilerin bakım sağlayıcılar, sağlık profesyonelleri, hasta yakınları ya da kişinin kendisi tarafından günlük kayıtları gün ya da dakika bazında geriye dönük olarak izleme olanağı sağlarlar. Cihazlardaki sensörlerden gelen bilgiler, internet üzerinden ilgilenen kişilere gönderilip bilgi akışı sağlanarak veriler elde edilir <sup>(3)</sup>.Giyilebilir sağlık teknolojisi, sağlıklı bireylerde günlük yaşam aktivitelerinde kullanılan (iş sırasında, evde, spor aktiviteleri sırasında, vb.) ve hasta bireylerde invazivya da invaziv olmayan girişimleri en aza indirgeme avantajı ile klinik ortamda yaşamsal bulguların sürekli izlemesini sağlayan yeni bir teknolojidir <sup>(4)</sup>.

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çalışanlarına, hastalara, hasta yakınlarına ve bakım vericilere giyilebilir teknolojiyi benimsetmek için bu cihazların yararlarını gösteren daha fazla kanıtı ihtiyaç vardır.

**Anahtar kelimeler:** Giyilebilir, teknoloji, hemşirelik

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