

BÖLÜM 8

YOĞUN BAKIMDA COVID-19 VE KORTİKOSTEROİD TEDAVİ PROTOKOLLERİ



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1. GİRİŞ

2019 yılının sonlarına doğru Çin'in Wuhan eyaletinde ortaya çıkan ve daha sonra tüm dünyaya yayılarak pandemi ilan edilmesine neden olan; etkeninin coronavirus ailesinden Severe Acute Respiratory Syndrome-Coronavirus-2 (SARS-CoV-2) virüsü olduğu Corona Viruse Disease-19 (COVID-19) hastalığı dünyada birçok insanın enfekte olmasına ve ölümüne neden olmuştur.

Öksürük, ateş, halsizlik ve kas ağrısı semptomları ile başlayıp, ağır pnömoni, akut respiratory distress sendromu (ARDS), sepsisemi ve septik şoka kadar yaygın bir klinikle prezente olan COVID-19 a yakalanan kişilerin yaklaşık %81 i hastalığı ayaktan ve hafif atlattırken, %14 kadarı solunum sıkıntısı ve dispne gibi semptomlar göstererek ciddi hastalık şeklinde, %5 i ise yoğun bakım gerektirecek kadar kritik hastalık şeklinde bu enfeksiyonu geçirdikleri gözlenmiştir (1).

Halihazırda COVID-19 a yönelik etkinliği tamamen kanıtlanmış tedavi eden bir ilaç bulunamamış olmakla birlikte etkili ve faydalı olduğu düşünülerek kullanılan (lopinavir-ritonavir, remdesivir, hidroksiklorokin ve interferon-beta) ilaçların mortalite üzerinde bir etkisinin olmadığı kanıtlanmıştır (2,3).

2. PATOFİZYOLOJİ

Aerosoller ile solunum yollarına alınan SARS-CoV-2 virüsü burundaki nazal epitel hücrelerinde çok miktarda bulunan ACE 2 reseptörlerine bağlanarak epitel hücrelerinin içerisine RNA moleküllerini sokarlar ve burada çoğalmaya başlarlar (4,5).

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