

# BÖLÜM 29

## Pap Titrasyonu



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### GİRİŞ

Uyku sırasında üst solunum yolunun tam veya kısmi tıkanması ile karakterize olan obstrüktif uyku apnesi (OSA) hastalarında standart tedavi yöntemi pozitif hava yolu basıncı (PAP) tedavisidir (1). PAP tedavisi üst hava yolunun açıklığını koruyarak obstrüktif solunum olaylarını [apne, hipopne, solunum çabasıyla ilgili uyarılma (RERA) ve horlama] önleyen pnömatik bir ateldir (2). Bir hastaya OSA teşhisi konulduktan sonra, tedavi amacıyla verilecek olan pozitif hava yolu basıncının ayarlandığı gözetimli polisomnografi (PSG) yapılmalıdır. Bu işlem PAP titrasyonu olarak tanımlanır. PAP titrasyonu amacıyla kullanılan tam gece (full-night) veya bölünmüş gece (split-night) manuel titrasyon yöntemleri ve otomatik titrasyonlu pozitif hava yolu basıncı (APAP) cihazları kullanılarak yapılan çeşitli yöntemler vardır (3).

### PAP SİSTEMİ VE PAP TİTRASYONU

OSA tedavisinde kullanılan bir PAP sistemi temel olarak üç ana bileşenden oluşmaktadır (1).

Bunlar;

- PAP cihazı,
- Yüze sıkıca tutunan bir nazal, oral veya oronazal ara yüz (nazal maske, nazal yastıklar, tam yüz maskesi) ve
- Cihazı ara yüze bağlayan esnek bir hortumdur.

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yon çalışmaları yapılmalıdır. Ayrıca PAP tedavi başarısının artırılması için hastaya en uygun basınçta tedavi başlanarak hastanın takip edilmesinin gerekliliği unutulmamalıdır.

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