

BÖLÜM 30

Pap Tedavisinde Ortaya Çıkan Problemler ve Çözümleri



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GİRİŞ

Pozitif hava yolu basıncı (PAP), obstrüktif uyku apnesi sendromunda (OSAS) üst hava yolunu mekanik olarak, hava yolu lümenine uygulanan pozitif basınçla açan ve sabitleyen ve de üst hava yolu kollapsını engelleyen altın standart tedavidir. PAP ile tedavi, uyumlu bir hastaya doğru bir şekilde uygulanırsa, OSAS semptomlarını kontrol etmede, yaşam kalitesini iyileştirmede ve uyku apnesinin klinik sekellerini azaltmada oldukça etkilidir(1).

PAP tedavisinin en önemli özelliği, uyku apnesinin tekrarlayan üst solunum yolu tıkanıklığını ve buna bağlı gündüz uykululuğunu tersine çevirme yeteneğidir. Hastalar, etkiyi gündüz sisinden çıkmak ve üretken ve sağlıklı bir yaşam sürbilmek olarak tanımlayacaklardır. OSAS'ın birincil tedavisi olan PAP'ın uyku yapısını normalleştirdiği, gündüz uykululuğunu azalttığı, günlük işlevi iyileştirdiği, ruh halini yükselttiği, otomobil kazalarını azalttığı ve kan basıncını ve diğer kardiyovasküler olayları azalttığı gösterilmiştir(2).

OSAS tanısı almış hastaların tedavisindeki en önemli basamak, hastaların tedaviye en kısa sürede başlamaları ve düzenli olarak kullanmalarıdır. OSAS'lı hastalarda PAP tedavisine uyum problemi mortaliteyi ve morbiditeyi arttıran en önemli faktör olarak bilinir. Çoğu çalışma, PAP tedavisine uyumun daha iyi sonuçlarla ilişkili olduğunu öne sürmektedir, ancak OSAS'lı hastaların %46-83'ünün tedaviye uyumsuz olduğu bildirilmiştir(3).Konuyla alakalı rehberlerde, PAP tedavisine uyum için tanımlanmış belli bir eşik olmamakla birlikte çeşitli

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Nazal konjesyon	Alerji varsa nazal steroid ve antihistaminik medikasyon, topikal dekonjestan, nazal salin solüsyonu, oro-nazal maske, ısıtıcı-nemlendirici kullanmak
Epistaksis	Nazal salin solüsyonu, ısıtıcı-nemlendirici kullanmak
Burun içi kuruluk/ağrı	Isıtıcı-nemlendirici kullanmak
Rinit/Rinore	Nazal iprotropium bromid kullanımı
Basınç intoleransı	Başlangıç basıncını düşük başlamak, BPAP-flexible PAP veya APAP değişimi, yatak baş ucunu yükseltmek, yan yatmak, kilo vermek
Hava yutma/karın şişliği	Basıncı düşürmek, BPAP veya flexible PAP'a geçmek
İstemsiz maske çıkarma	Cihazda düşük basınç alarmını ayarlama ,basınç arttırma

SONUÇ

PAP tedavisi OSAS'lı hastalar için altın standart tedavidir. Cihazın uzun dönem etkin kullanılması durumunda hastaların çoğu bu tedaviden fayda görmektedir. Ancak tedavi sırasında hastalar bazı problemler ve yan etkiler ile karşılaşmaktadırlar. Sağlıklı kaliteli bir uyku için gecede en az 4 saat kullanılması gerekmektedir. Cihaz uyumunu arttırmak için hasta ve yakınları ile iyi bir iletişim içinde olunmalı, davranışsal-bilişsel eğitim verilmeli, cihaz veya maskeye bağlı ortaya çıkan sorunlarda en kısa sürede çözümlenmelidir.

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