

Bölüm 14

YATAĞA BAĞIMLI HASTALARDA BESLENME

Rabia AYDOĞAN BAYKARA¹

YATAĞA BAĞIMLILIK NEDİR?

Yatağa bağımlılık, kişinin doğuştan veya edinsel olarak; kendine bakım, hareket, iletişim ve sfinkter kontrolü gibi fonksiyonları yitirmesi halidir. Yaş gruplarına göre farklı nedenlerle meydana gelmektedir.

Çocuklarda sıklıkla doğuştan olan nörolojik ve genetik hastalıklar nedeniyle, yatağa bağımlılık erken yaşlarda ve uzun süreli olmaktadır. Serebral palsi, zeka geriliği, otizm spektrum bozukluğu, genetik bozukluklar, down sendromu, motor nöron hastalıkları, SSPE, ayrıca skolyoz ve muskuler distrofi gibi kas-iskelet sistemi hastalıkları bu sebepler arasındadır.

Orta ve ileri yaşlarda ise kas iskelet sisteminin hastalıklarından, travma sonrası oluşan; kırık, yaralanma gibi durumlar, nörolojik hastalıklar, Kardiyovasküler Hastalıklar, Diyabet, Böbrek Hastalıkları, Obezite, Kronik Obstrüktif Akciğer Hastalığı (KOAİ), Astım, Kanser, Psikiyatrik hastalıklar gibi dahili problemler, hastanın geçici veya tam bağımlı kalmasına sebep olabilir (1).

İleri yaşlarda; demans, alzheimer, parkinson, inme, düşmelere, kırıklara, menopoz ve osteoporozla bağlı kas-iskelet hastalıkları ortaya çıkar.

Türkiye’de ve dünyada gerek teknolojinin gelişmesi gerekse hastalıkların tedavisindeki gelişmelerden dolayı beklenen yaşam süresi ve bundan dolayı yaşlı nüfus artmıştır. Ülkemizde de yaşlı nüfus 5 yılda yüzde 16 artmıştır. Artan bu yaşlılık kronik hastalıkların ve dolayısıyla yatağa bağımlı bireylerin artmasına sebep olmaktadır (2).

Yatağa bağımlılık, akut ve kronik nedenlerle ortaya çıkabilir. Kronik hastalık; tıbbi tedavi ve rehabilitasyona rağmen, hastalığın, sakatlığın veya herhangi bir

¹ Fiziksel Tıp ve Rehabilitasyon Uzmanı, Malatya Eğitim ve Araştırma Hastanesi, drrabiaaydoganmail.com

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