

COVID-19 PANDEMİSİ VE YAŞLI SAĞLIĞI

11. BÖLÜM

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Giriş

Koronavirüs hastalığı 2019 (COVID-19) ilk kez Aralık ayında Wuhan şehrinde (Hubei, Çin) tespit edilmiş ve hızla tüm dünyaya yayılarak ülkeler için önemli ekonomik, sosyal, sağlık ve çevresel zorluklar yaratmıştır (Monahan ve ark., 2020; Radwan ve ark., 2020). Bu süreçte, 60 yaşın üzerindeki yetişkinlerin pnömoni de dahil olmak üzere genç bireylere göre daha kötü semptomlar gösterdiği, önemli ölçüde daha yüksek ölüm oranına sahip olduğu görülmüştür ve ileri yaştaki bireyler sağlık komplikasyonları ve ölüm oranı için en riskli yaş grubu olarak kabul edilmiştir (Centers for Disease Control and Prevention, 2020a; Chan ve ark., 2020; Monahan ve ark., 2020; Zhou ve ark., 2020). Salgın, tekrarlanan el yıkama gibi hijyen önlemleri, maske takılması ve sosyal mesafe gibi birçok tedbirin alınması gerekliliğini ortaya çıkmıştır. Bu önlemlerin yanı sıra, yaşlı bireyleri bu büyük riskten korumak için ek önlemler uygulanmıştır (ECDC, 2020a; Radwan ve ark., 2020). Tüm bu uygulamalarla yaşlıların fiziksel sağlığının korunmaya çalışılmasının yanı sıra pandeminin yaşlı bireyler için birçok psikososyal etkileri olmaktadır (Radwan ve ark., 2020). Tüm bu durumu göz önüne aldığımızda yaşlı bireylerin bütüncül olarak ele alınması ve bu süreç-

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olarak ele alınması yaşlı sağlığının korunmasında önemlidir.

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