

COVID-19 PANDEMİSİNDE ÇOCUKLARDA BESLENME VE HEMŞİRELİK YAKLAŞIMLARI



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COVID-19 Pandemisi

Koronavirüs hastalığı 2019 (COVID-19) olarak adlandırılan yeni tip koronavirüs (SARS-CoV-2) enfeksiyonu, Wuhan'dan başlayarak pandemiye neden olmuştur (WHO, 2020). Dünyadaki ilk vaka Aralık 2019'da Çin'de görülmesine rağmen, COVID-19 Türkiye'de 11 Mart 2020'de birçok ülkeden çok daha sonra tespit edilmiştir (T.C. Sağlık Bakanlığı, 2020). Yaşlı nüfus ve altta yatan hastalığı olan bireyler virüse oldukça duyarlıdır.

COVID-19 enfeksiyonu, çocukluk ve yenidoğan dönemlerinde de görülmektedir. Çocukların hastalanma olasılığı yetişkinler kadar yüksektir. Ancak çocuklarda, daha az semptom, daha az şiddetli hastalık ve daha düşük ölüm oranı olduğu bildirilmektedir (Zimmermann & Curtis, 2020). Çocuklarda klinik bulgular tipik değildir ve yetişkinlerden nispeten daha hafiftir. Bazı çocuklarda hastalık, ateş, kuru öksürük, halsizlik, burun akıntısı ve burun tıkanıklığı gibi üst solunum semptomlarına sahipken, bazı çocuklarda karın ağrısı, bulantı-kusma ve ishal gibi gastrointestinal semptomlarla kendini gösterebilir (Lu & ark., 2020). Klinik bulguları ve prognozları genellikle iyidir. Çoğu çocuğun 1-2 hafta içinde tamamen iyileştiği bildirilmiştir (Qiu & ark., 2020). Ayrıca, hafif hastalığı olan birçok çocuğun test edilmemesi nedeniyle gerçek enfeksiyon oranı ve viral taşıyıcılıkları bilinmemektedir (Zimmermann & Curtis, 2020).

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Hemşirelerin, COVID-19 pandemisinde, çocukları beslenme sorunlarına karşı korumada önemli rolleri bulunmaktadır. Çocukların sağlıklı ve dengeli beslenmelerine yönelik ebeveynler bilgilendirilmelidir. Pandemi döneminde anne sütü ile bebek beslenmesine devam edilmelidir. Sağlıklı beslenmeyi sürdürmek amacıyla, protein, vitamin (A, B, C ve D), mineral (selenyum, çinko ve demir) ve antioksidanlardan zengin besinler önerilmektedir. Ayrıca, hemşirelerin güncel kılavuzları takip etme, besin hijyeni konusunda çocukları ve ebeveynleri bilgilendirme rolü vardır.

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