

## BÖLÜM 3

### COVID-19 PANDEMİ SÜRECİNDE GEBE VE LOHUSALARIN YAŞADIKLARI SORUNLAR

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#### GİRİŞ

Yeni Koronavirüs Hastalığı (COVID-19) salgını dünya çapında ciddi halk sağlığı tehdidi oluşturmuş ve sağlık sistemlerinde hızlı düzenlemeler gerektirmiştir. Sağlık profesyonellerinin birincil sorumluluğu, bireysel hasta çıkarlarını en üst düzeye çıkarmaktan çok toplumun sağlığını korumaya yönelmektir (1). Gebelerin COVID-19 enfeksiyonuna yakalanma olasılığının diğer yetişkinlere göre daha yüksek olmadığı bildirilmektedir (2-4) Ancak gebe bir kadın COVID-19'a yakalandığında hastalık seyri daha ciddi olabilmekte ve erken doğum, ölü doğum gibi gebelik komplikasyonlarının görülme riski artmaktadır. Ayrıca gebelerin etnik azınlık geçmişi, gebelik öncesi komorbiditesi (örn. diyabet veya hipertansiyon), 25 kg/m<sup>2</sup>'nin üzerinde beden kütle indeksine sahip olması, 35 yaş ve üstü olması, yoksul olması, sağlık çalışanı veya doğrudan insanlarla teması gerektiren meslek üyesi olması risk faktörü oluşturmaktadır. Bu bağlamda gebeler klinik açıdan hassas kişiler listesinde yer almaktadır (2-5). Bu nedenle COVID-19 salgını sırasında gebe kadınlara bulaşın azaltılması, perinatal dönemde güvenli, bireyselleştirilmiş ve kadın merkezli bakımın sağlanması öncelikli olmalıdır (6).

Geçmiş salgınların anne ve çocuk sağlığı üzerine önemli olumsuz etkileri olmuştur. Ebola salgını sırasında kadınların enfeksiyon korkusu nedeniyle annelik

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