

Bölüm 36

DÜŞÜK EJEKSİYON FRAKSİYONLU KALP YETERSİZLİĞİ

Hayati EREN¹

KALP YETERSİZLİĞİNİN TANIMI

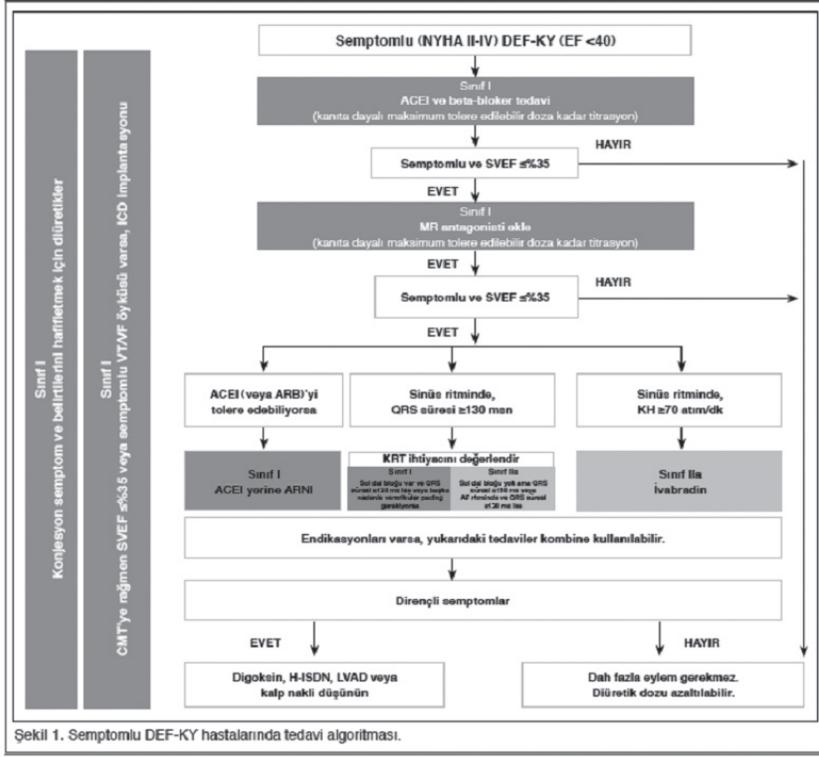
Kalp yetersizliği (KY), kalbin vücudun metabolik ihtiyaçlarını karşılayamadığı ve buna ikincil olarak bir takım semptom ve bulguların meydana geldiği bir hastalık olarak tanımlanır.¹ Avrupa Kardiyoloji Derneği (ESC), KY'ni nefes darlığı, inatçı öksürük, hırıltılı solunum, ayak bileğinde şişme ve yorgunluk gibi semptomlarla karakterize edilen ve yüksek juguler venöz basınç, pulmoner raller, artan kalp atış hızı ve periferik ödem gibi belirtilerin eşlik edebileceği bir klinik sendrom olarak tanımlamaktadır.¹ KY için altta yatan patofizyolojik mekanizmaların çeşitliliği ve etyolojisinin farklı sebeplere bağlı olabilmesi hastalığın yönetimini ve tedavisini daha karmaşık hale getirmektedir.¹

KY tanımı yapılırken sol ventrikül ejeksiyon fraksiyonu (EF) ölçümüne göre karar verilir ve uzun yıllardır bu terminoloji kullanılmaktadır.¹ EF değerine göre KY ikiye ayrılmaktadır fakat KY denildiğinde öncelikli olarak düşük EF değerli KY (DEFKY) akla gelmektedir. Korunmuş EF'li kalp yetersizliği (KEFKY) olarak tanımladığımız hastalar ise diğer grubu oluşturmaktadır.¹ DEFKY ve KEFKY'nin morbiditeleri benzerdir ancak KEFKY hastalarının prognozunun DEFKY hastalarına göre daha iyi olduğu tespit edilmiştir.¹ Bu yazımızda DEFKY'ne yaklaşım ele alınacak, çünkü DEFKY günlük pratiğimizde en çok karşılaştığımız ve temel KY çalışmalarının temelini oluşturan KY tipidir.

BELİRTİ VE BULGULAR

Hastaların tıbbi öyküsünün iyi sorgulanması KY tanısında son derece önemlidir. İyi bir anamnez almak KY de dahil olmak üzere birçok hastalığın tanısında temel noktayı oluşturmaktadır. KY hastaları çeşitli semptomlarla kliniğe başvurabilmektedirler ve en sık nefes darlığı, çarpıntı, çabuk yorulma, ödem, göğüs ağrısı ve bayılma gibi şikayetlerle hastaneye gelmektedirler.¹ KY'ne bağlı semptomların temelini vücutta artmış su ve sodyum tutulumu oluşturmaktadır.¹ Sadece ödem

¹ Uzm. Dr., Elbistan Devlet Hastanesi, drhayatieren@hotmail.com



Şekil 1: KY tedavisinin özetlenmiş hali.
* ESC 2016 KY klavuzundan alınmıştır.1

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