

BÖLÜM 20

Sağlıklı ortamlar ve doğum

Mark Dooris and Lucia Rocca-Ihenacho
Çeviren: Feyza Aktaş Reyhan

GİRİŞ

“Sağlıklı ortamlar” yaklaşımı, patojenik ve sıklıkla indirgemeci bir hastalık modelinden, günlük yaşam bağlamlarında sağlık potansiyelini kullanmak ve bırakmakla ilgilenen salutojenik bir “bütünsel sistem” modeline odaklanmayı desteklemektedir. İnsanların yaşamlarını sürdürdüğü fiziksel ve çevresel ortamlarda insanları neyin başarılı ve gelişmiş hale getirdiğine odaklanır. Yaklaşım, hastanelerde ve sağlık hizmetlerinde uygulanmış olup hem hizmet alanların hem personelin deneyimlerine dayanarak doğum bakımı için güçlü bir potansiyele sahiptir. Merkezileştirilmiş hizmet temelli bakımın iyi kaynaklara sahip sağlık hizmeti ortamlarında sağlıklı kadınlar ve bebekler için uygun olmadığını gösteren güçlü kanıtlar olmasına rağmen, doğum hâlâ hastaneye kabulün tek en yaygın nedenidir.¹

Bu bölüm, bir doğum alanını sağlıklı bir ortam yapan unsurları ele almadan önce, sağlıklı ortamlar yaklaşımını tanıtmakta ve genel olarak yaklaşımın sağlık hizmeti ortamlarında uygulanmasının ana hatlarını ortaya koymaktadır. Bölüm fiziksel ve örgütsel kültür ortamları arasındaki sinerjik etkileşimi, daha geniş hastane temelli doğum bakımı kapsamında öğrenmenin uygulanmasını ve gelecekteki araştırmalar için umut verici yönleri keşfederek sona ermektedir.

Sağlıklı ortamlar: arka plan ve genel bakış

Sağlıklı ortamlar yaklaşımı, şehirler, üniversiteler, okullar, hastaneler ve hapishaneler gibi çeşitli çevreleri kapsayan programlarla mevcut halk sağlığı söyleminin önemli bir unsuru haline gelmiştir. Yaklaşımın kökleri, aşağıdaki iddiayı ortaya atan 1986 Ottawa Sağlığın Teşviki ve Geliştirilmesi Sözleşmesi’ne dayanmaktadır:

“Sağlık, insanlar tarafından günlük yaşam ortamları içinde yaratılır ve yaşanır; öğrendikleri, çalıştıkları, oynadıkları ve sevdikleri yer.”

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