

Bölüm 38

KANSER DIŐI KRONİK AĞRIDA FARMAKOLOJİK YÖNTEMLER

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GİRİŐ

Kronik ağrı, sosyal ve ekonomik yükü olan hem bireyi hem de toplumu etkileyen yaygın bir sağlık sorunudur (1). Kronik ağrı fizyolojik, emosyonel, kognitif, sosyal ve çevresel faktörlerin rol aldığı karmaşık mekanizmalar dizisini kapsamaktadır (1). Bu kompleks mekanizma sağlık hizmeti sunucularını zorlamaktadır. Kanser dışı kronik ağrı, üç aydan uzun süren veya dokudaki mevcut patolojinin iyileşme süresini aşması olarak tanımlanmaktadır (2). Ağrının şiddeti hasarın miktarı ile korele olmadığı gibi doku hasarı iyileşmesine rağmen semptomlar kalıcı olabilmektedir (2). Araştırmalar göstermiş ki kanser dışı kronik ağrı; akut yaralanmadan veya hastalıktan (osteoartirit gibi) dolayı doku hasarı sonucu nosiseptörlerdeki değişimden kaynaklı kalıcı stimülasyon gelişebildiği gibi periferel ve/veya santral sinir sistemi hasarından da meydana gelebilmektedir (3).

TEDAVİYE GENEL BAKIŐ

Kronik ağrının tedavisi geniş bir yelpazeden oluşmaktadır ve farmasötik, cerrahi, nöro-augmentasyon, rehabilitatif, tamamlayıcı ve alternatif tedavi seçenekleri mevcuttur (4). Ancak genel olarak tedavilerin etkinliği tutarsız ve zayıf kalmaktadır (4).

Kanser dışı kronik ağrı anatomik yerine (vücuttaki lokasyonu gibi), sebebine (nosiseptif, nöropatik gibi), nörofizyolojisine veya içerisinde bulunduğu vücut sistemine göre sınıflandırılabilir (2). Kronik ağrı tedavisi fiziksel, ruhsal ve toplumsal işlev ile birlikte yaşam kalitesindeki iyileşme takip edilerek değerlendirilmelidir (5). Ayrıca kronik ağrının tedavisinde multi disiplinler yaklaşımın fonksiyon kazanımı,

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SONUÇ

Kronik ağrıda ilaç seçimi tüm bu seçeneklerin varlığında akılcı ilaç kullanımı ilkeleri doğrultusunda yapılmalıdır. Tedavi başarısı için doğru teşhis, doğru tedavi ve hastanın uyuncu en önemli basamaklardır. Hastaya doğru ilaç; etkin dozda, yeterli sürede, güvenli bir şekilde ve tedavi maliyeti gözetilerek uygulanmalıdır. Kronik ağrı tedavisi genellikle uzun süreli olması nedeniyle tedavi maliyeti açısından tedavinin değerlendirilmesi daha da önem kazanmaktadır. Ayrıca bu hasta grubunda çoklu ilaç kullanımı sık görüldüğü için ilaç-ilac etkileşimi olasılığı akılda tutulmalıdır.

Anahtar Kelimeler: kronik ağrı, kronik ağrı tedavisi, ilaç yan etkileri

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