

# Bölüm 5

## ROMATOİD ARTRİT

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Gelişen dünyanın birey ve yakınlarını en çok etkileyen hastalıklar arasında sayılan romatizmal sorunlar, otoimmün ve enflamatuar bozukluklardır. Değişen immün fonksiyon ve romatizmal hastalıklar arasındaki ilişki, yapılan araştırmaların sonuçları ile daha iyi anlaşılabilir. Otoimmün hastalık, bireyin savunma sisteminin kendi vücut doku veya hücrelerine saldırması ve yok etmeye çalışmasına neden olan immunolojik toleransın bozulduğu durumlar olarak tanımlanmaktadır. Kas ve eklemlerin etkilendiği otoimmün hastalıklar; Romatoid Artrit (RA), Sistemik Lupus Eritamatozus (SLE), Dermatomiyositis (DM), Skleroderma (SSc), Sjögren's sendromu ve karma bağ dokusu hastalığı (Mixed connective tissue disease- MCTD) ve ankilozan spondilitdir.

Romatoid Artrit, özellikle simetrik olarak eklemleri tutan, eroziv sinovit ile karakterize, ciddi deformateler geliştirebilen, kronik inflamatuvar sistemik bir hastalıktır. Yaygın olarak klinik dalgalanmalar göstermektedir. Tedavi uygulanmasına rağmen, hastalık kronikleşerek progresif eklem deformateleri, disabilite ve daha ilerleyen vakalarda erken ölüme neden olabilir. M.Ö. 4500'de, artrit ilk bilinen örneklerine rastlanmıştır. Bu örnekler Tennessee'de bulunan iskelet kalıntılarıdır. Ayrıca M.S. 123'de bir metin içeriğinde, romatoid artrit semptomlarına benzer semptomlar tarif edilmiştir. Hastalığın tanımlanması 1800 yılında Landre Beauvals tarafından yapılmış, 1859 yılında Archibal Garrod RA terimini ilk kez kullanmıştır. RA teriminin American College of Rheumatology (ACR) tarafından kabulü ise 1941 dir.

**Çalışma splintleri:** Kişinin, çalışma sırasında kullanabileceği hazır veya kişiye özel splintlerdir. Gerekli eklemleri destekleyerek iş sırasında ki veya sonrasında ki ağrıları azaltmaktadırlar.

### Enerji Tasarrufu Teknikleri

Enerji tasarrufu süreci; günlük aktiviteleri yaparken enerji koruma ve daha anlamlı aktivitelere enerjiyi paylaşırma ve kontrol etmektir. Ağrı ve yorgunluğu azatmayı, aktivite toleransını arttırmayı, genel üretkenlik ve yaşam kalitesini sağlamayı amaçlar. Bunlar:

- Önerilen aktiviteyi planlayıp organize edin.
- Öncelikler belirleyin.
- Gereksiz, önemsiz aktiviteleri eleyin.
- Aktiviteleri gerçekleştirirken doğru postürler kullanın.
- Gereksiz aktivite ve enerji harcamasından kaçının.
- Gerektiğinde yardımcı cihazları kullanın.
- Dinlenme aralıkları verin.

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