

17. BÖLÜM

PSİKİYATRİK HASTALIKLARDA PREKONSEPSİYONEL BAKIM VE DANIŞMANLIK

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GİRİŞ

Psikiyatrik hastalıklarda prekonsepsiyonel bakım, gebelik planlayan çiftlerin, gebelikten önce, sağlığını geliştirmeyi amaçlayan koruyucu bir sağlık hizmeti türü olup, tarama ile tedavinin yanı sıra danışmanlık hizmetini de içerir. Amacı, psikiyatrik hastalıkların neden olacağı, anne ve fetus için risk oluşturan tıbbi ve sosyal durumları gebelikten önce saptayarak uygun şekilde çözmek veya yönlendirmektir. Bu dönem planlanmayan gebeliğin önlenmesi için önemli bir fırsattır. Planlanan bir gebeliği ise en sağlıklı şekilde başlatabilmek yine prekonsepsiyonel bakımla mümkündür.

Üreme çağındaki kadınların önemli bir kısmı için gebelik öncesi, gebelik, doğum ve doğum sonrası dönemler, psikiyatrik rahatsızlıkların ortaya çıkması veya önceden var olan bir psikiyatrik rahatsızlığın yinelemesi nedeniyle komplike olabilir. Gebelik sırasında ortaya çıkan psikiyatrik bozukluklar, obstetrik sonuçların kötü olması, postpartum psikiyatrik hastalık riski yüksekliği, madde kötüye kullanım oranlarının artması, doğum öncesi bakıma katılım oranının düşük olması, bebek ve ailede istenmeyen olumsuz sonuçlarla ilişkilidir.

Türkiye ruh sağlığı profili çalışmasına göre; ülkemizde ruhsal hastalıkların bir yıllık yaygınlığı %17.2'dir. Ortalama her beş kadından biri, son bir yıl içinde bir psikiyatrik hastalık geçirmiştir. Bunun yanı sıra araştırmalar, her iki kişiden birinin yaşam boyunca en az bir psikiyatrik hastalık yaşadığına işaret etmektedir. 15-49 yaş üreme çağında veya gebelik öncesi kadınlar arasında psikiyatrik semptomların saptanması ve uygun şekilde yönetimi; gebelik sırasında ve sonrasında morbiditeyi önlemek açısından kritik bir önem taşır. Gebelik öncesi

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