

BÖLÜM 16

NÖROLOJİ YOĞUN BAKIMDA NUTRİSYONA GÜNCEL YAKLAŞIMLAR

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GİRİŞ

Nörolojik hastalıklarının seyrinde yeterli ve dengeli beslenme oldukça önemlidir. Nöroyoğun bakıma ihtiyaç duyan hastalarda, aşırı stres ile katabolizmanın uyarılması yetersiz beslenmeye neden olup prognozu kötüleştirir. Beslenme sadece metabolik destek ve yardımcı bakım değil, aynı zamanda katabolik durumu ve oksidatif hücrel hasarı önleyen sistemik immün yanıtı düzenleyen bir tedavi şeklidir. Nörolojik hastalıklara bağlı olarak gelişen orofaringeal disfaji, bilinç bozukluğu, bilişsel işlev bozukluğu, artan metabolik ihtiyaç beslenme bozukluklarına yol açabilmektedir. Uygun beslenme tedavisi nöroyoğun bakımda daha iyi bir prognoza katkıda bulunur.

Nöroyoğun bakıma ihtiyaç duyan hastalarda (örneğin kafa travması, inme, menenjit ve ensefalit vakaları), artan metabolizma ve katabolizma nedeniyle tüketilen enerji yüksektir.^{1,2} Çalışmalarda travmatik beyin hasarı ve inme hastalarında metabolizma artışı nedeniyle enerji ihtiyacı artışı gösterilmiştir.³

Yoğun bakım hastalarında yetersiz beslenme, hastanede kalış süresinin uzaması, hastaneden taburculukta gecikme, daha yüksek komplikasyon insidansı (enfeksiyon, vb.) ve daha yüksek mortalite oranına neden olmaktadır.^{4,5} Bu nedenle, her vakaya ihtiyaç duyulan miktarlarda enerji ve protein verilmesi ile uygun zamanda uygun beslenme tedavisine başlamak önemlidir. Bugüne kadar nöroyoğun bakıma ihtiyaç duyan hastalarda çok az çalışma yapılmıştır. Ancak ASPEN (American Society for Parenteral and Enteral Nutrition) / CCM (Society of Critical Care Medicine, guideline 2016 ve ESPEN (European Society of Clinical Nutrition and Metabolism, guideline 2018 gibi mevcut kılavuzlarda nöroyoğun bakım hastalarına değinilmiştir.^{6,7} Bu bölümde nöroyoğun bakımda nutrisyon konusundaki güncel yaklaşımlar gözden geçirildi

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