

## Bölüm 4

# DEMANS LI YAŞ LILARIN BAKIM ORTAMINDA FİZİKSEL ÇEVRENİN ROLÜ

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### GİRİŞ

Demans, yaşam seyrinin başlarında başlayan, nörodejeneratif ve serebrovasküler süreçlerin bir sonucu olarak ilerleyen yıllarda ortaya çıkan, bilişsel ve fonksiyonel düşüş sendromudur (1). Dünya Sağlık Örgütü (DSÖ) 2015 yılı verilerine göre tüm dünyada yaklaşık 47 milyon demanslı yaşlı bulunmaktadır (2). 2050'de demanslı hasta sayısının 131.5 milyona, 20 yılda bir de iki katına çıkması beklenmektedir (3).

Gelecekte özellikle düşük ve orta gelirli ülkelerde önemli artışlarla büyük bir halk sağlığı sorunu olacağı öngörülen demans hastalığında (4) fiziksel çevre terapötik ortamın kritik bir bileşenidir (5). Uzun süreli bakımda demans hastaları için önemli bir bileşen olan terapötik fiziksel ortamların etkinliği konusu 1980'lerin sonundan yakın geçmişe kadar hem tasarım profesyonelleri hem de bakım elemanları için özelleşmiş tasarım kılavuzlarında yer almıştır (6-8). Araştırmalarda demans hastalarında mekansal yönelim bozukluğu, kaygı, ajitasyon ve sosyal geri çekilme gibi ortak zorlu davranışlara destekleyici fiziksel ortamların olumlu yönde etki ettiği kanıtlarla sunulmuştur. İyi tasarlanmış destekleyici bir fiziksel ortamın, ajitasyonun azalması, sosyal temasın artması ve günlük yaşam aktivitelerinin yürütülmesinde daha az

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## *Sağlık Bilimlerinde Güncel Yaklaşımlar*

- Aydınlatmanın özellikle sabah (2500 ila 10,000 lux arasında) parlak, gürültü seviyesinin 30-45 dB arasında olması,
- Yemek alanlarında mikrodalga fırın, buzdolabı, kahve makinesi gibi mutfak eşyalarının bulunması,
- Sofra takımlarının yüksek kontrastlı renklere sahip olması,
- Banyoda oturma tipi küvet bulunması, hava ve suyun çok sıcak ya da çok soğuk olmaması,
- Yürüyüş, bahçe işleri ile uğraşma gibi açık hava etkinliklerinin yapıldığı alanların bulunması demanslı yaşlılar için destekleyici ve terapötik katkılar sunmaktadır.

Demans tüm dünyada olduğu gibi ülkemizde de özellikle yaşlı popülasyonda sık görülen önemli bir halk sağlığı sorunudur. Ülkemizde ve dünyada demanslı birey sayısının artması bu alanda yapılacak çalışmalara olan ihtiyacın önemini vurgulamaktadır. Ülkemizde demanslı bireylere yönelik pek çok çalışma yapılmış olsa da demanslı bireylerin yaşam alanlarına yönelik sınırlı sayıda çalışma vardır. Bu nedenle demansın ilerlemesini geciktiren değiştirebilir risk faktörlerinden birisi olan çevresel tasarımlara yönelik farkındalığı sağlamak, sağlık hizmet sunucuları için bakım alanlarına yönelik fikir oluşturabilecek bilgiler sunmak, destekleyici bir çevre ile demanslı yaşlıların yaşam kalitesini arttırmak gerekmektedir.

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