

SEPSİSLİ HASTAYA YAKLAŞIM

37. BÖLÜM

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GİRİŞ

Sepsis, konağın enfeksiyona karşı gösterdiği aşırı ve düzensiz yanıtın neden olduğu klinik sendromdur. Sepsis ve ortaya çıkan enflamatuvar yanıt, çoklu organ disfonksiyon sendromuna ve ölüme yol açabilir. 1970'lerin sonlarında, Amerika Birleşik Devletleri'nde her yıl 164.000 sepsis vakasının meydana geldiği tahmin edilmekte, 1979 ile 2000 yılları arasında ise ulusal veritabanı analizi neticesinde yıllık 1.665.000'den fazla sepsis vakası olduğu bildirilmektedir (1,2). Çok merkezli bir çalışmada 2005-2014 yılları arasında septik şok oranında 1000 hastaya başvuru başına 12,8'den 18,6'ya artış tespit edilmiş olup bu oranın artması ileri yaş, immunsupresyon ve çoklu ilaca dirençli mikroorganizmalar ile ilişkilendirilmiştir (3,4).

ETKEN

Etkenlere bakıldığında son yıllarda gram pozitif bakterilerin ön planda olduğu, ikinci sırayı ise gram negatif bakterilerin aldığı görülse de kültür pozitiflerin çoğunu gram negatifler oluşturmaktadır. Fungal etkenlerin sıklığında artış görülse de yine de bakteriyel etkenler ön sırada yer almaktadır. Bunun yanı sıra sepsisli vakaların hemen yarısında herhangi bir etken tespit edilememektedir (kültür negatif sepsis) (5-8).

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Sepsiste sağ kalım demetleri

İlk 3 saat içinde yapılması gerekenler

- Laktat ölçülmeli
- Antibiyotik öncesi kültürler alınmalı
- Bir saat içinde geniş antibiyotik başlanmalı
- Hipotansiyon mevcutsa veya laktat ≥ 4 mmol/L ise 30ml/kg kristaloid başlanmalı

İlk 6 saat içinde tamamlanması önerilenler

- Başlangıç sıvı replasmanına yanıt yoksa ortalama arter basıncını ≥ 65 mmHg'de tutmak için vazopresör başlanmalı
- Volüm replasmanına karşın hipotansiyon (ya da laktat ≥ 4 mmol/L devam ediyorsa
 - Santral venöz basınc (CVP)
 - Santral venöz oksijen satürasyonu (Scvo₂) ölçülmeli

Başlangıç sıvı resüsitasyon hedefleri

Burada amaç hipoperfüzyonunun düzeltilmesidir.

- Santral venöz basınç: 8-12mmHg
- Ortalama arter basıncı ≥ 65 mmHg
- Üriner output >0.5 ml/kg/saat
- Santral venöz oksijen satürasyonu $\geq \%70$
- Laktat düzeyinin normal seviyeye getirilmesi

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