



BÖLÜM 16

YARA VE AĞRI YÖNETİMİ

Yasemin ÖZYER¹

İçindekiler

- Giriş
- Ağrı Kavramı
- Yara ve Ağrı
- Ağrının Değerlendirilmesinde Kullanılan Ölçekler
- Ağrı Yönetimi
- Alternatif Ağrı Tedavi Yöntemleri
- Ağrıyla İlişkili Kavramlar
- Ağrıda Hemşirelik Yönetimi
- Sonuç

Neler Öğreneceğiz

- Bu bölüm sonunda;
- Ağrı Kavramını
- Ağrı Değerlendirme Yöntemlerini
- Yarada Ağrının Önemini
- Yarada Ağrı ve Hemşirelik Bakımını öğrenmiş olacağız.

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yönetimi ve hastanın ağrısıyla baş etmesine yardımcı olabilecek birçok yöntem bulunmaktadır. Yaraya bağlı ağrının kapsamlı değerlendirmesi ağrı yönetiminin ayrılmaz bir parçasıdır (1). Bu süreçte hemşireler yarada ağrı yönetiminin önemini bilmeli ve her bireye özgü bireyselleştirilmiş, bütüncül, kanıta dayalı bakım planları oluşturmalı ve ağrı yönetim protokollerini revize ederek geliştirmelidir.

Bilgimizi Sınayalım

1. Ağrı nedir? Yarada ağrının önemini anlatınız.
2. Ağrı değerlendirilmesinde kullanılan yöntemler nelerdir?
3. Yarada ağrı yönetimini anlatınız.
4. Ağrıda hemşirenin rolünü anlatınız.

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