



BÖLÜM 7

PREOPERATİF DEĞERLENDİRME

Yasemen HÖBEK AYDIN¹

GİRİŞ

Anestezi eşliğinde yapılan girişimlerin sayısı her geçen gün artmaktadır. Girişimler öncesinde hastaların preoperatif anestezi doktorları tarafından kapsamlı değerlendirilmesi; perioperatif morbiditeyi azaltmakta, kaliteyi artırmakta, perioperatif bakım maliyetini düşürmekte, hastaların iyileşme süresini kısaltmakta ve hastaların anksiyetesini azaltmaktadır. Preoperatif değerlendirmede amaç hastanın cerrahi hastalık ve eşlik eden hastalıklarının öğrenilmesi, hasta doktor ilişkisinin sağlanması, perioperatif güvenli anestezi yönetimi seçilmesi ve hastadan planlanmış anestezi işlemine yönelik onam alınmasını içerir (1). Preoperatif anestezi değerlendirmesi yeterli olursa hasta yönetimi o kadar güvenli olur. Yapılan çalışmalarda preoperatif hazırlığın yetersiz yapılması ile perioperatif mortalitenin arttığı; iyi bir değer-

lendirmenin mortalite ve morbiditeyi azalttığı ve taburculuğu hızlandığı gözlenmektedir (2-7). Ayrıca preoperatif değerlendirme ameliyathane odalarının efektif kullanılmasını, ertelemelerin azaltılmasını, dolayısıyla hastane giderlerinin azalmasını sağlar (8).

Etkin bir preoperatif değerlendirmede; hastayla görüşüp fizik muayenesi yapılmalı hastanın yakın geçmişte aldığı tüm ilaçlar alışkanlıklar ve alerji hikayesi ile geçmişteki anestezi deneyimleri ve tıbbi kayıtları sorgulanmalıdır. Eşlik eden hastalıklarına bağlı risk değerlendirmesi yapılmalı, gerekli olan tanısal testleri, görüntüleme işlemleri bakılıp değerlendirilerek gerekli hekimlerden konsültasyon istenmelidir (9). Hastaya en uygun anestezi planı belirlenmeli; anestetik işlem ve tahmini riskleri anlatılmalıdır. Hastadan onam alınmalı; tüm bu bilgiler belgelenmelidir (8).

¹ Uzm. Dr., Kayseri Şehir Hastanesi, Anesteziyoloji ve Reanimasyon Kliniği, yasemenhobek@hotmail.com

ve infantlarda, anne sütü sonrası 4 saat, mama ya da katı yiyecek sonrası 6 saat aç olması gereklidir (8).

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