

BÖLÜM 32

KANSER HASTALARINDA DESTEK TEDAVİLERİ

Ramazan ACAR¹

GİRİŞ

Kanser hastalarında destek tedavileri kavramı ileri palyatif bakım, ağrı palyasyonu, halsizlik, demir eksikliği, ishal, konstipasyon, deliryum, febril nötropeni, ekstremitasyon, ilaç toksisiteleri, bulantı, kusma, venöz trombo embolizm ve oral alım azlığı gibi kansere ve kanser için kullanılan tedavi modalitelerine bağlı gelişen problemlerin yönetilmesidir. Bahsedilen başlıkların her biri ile ilgili European Society for Medical Oncology (ESMO), American Society of Clinical Oncology (ASCO) ve National Comprehensive Cancer Network (NCCN)'de kılavuzlar mevcuttur. Bu kılavuzlara göre kanser hastalarının destek tedavileri düzenlenebilmektedir.

KANSER AĞRISININ YÖNETİMİ

Ağrı, özellikle ileri evre kanser hastalarının %70'inde görülmekte olup fiziksel ve duygusal kötülük haline katkıda bulunur. Ağrı tipinin belirlenmesi tedavi seçiminde yol göstericidir.

Ağrı tipleri;

- Nosiseptif Ağrı : Ya somatik (kemik ağrısı gibi) ya da visseral (bağırsak ya da karaciğer ağrısı gibi) devam eden doku hasarının neden olduğu ağrı tipidir.
- Nöropatik Ağrı: Brakiyal pleksopati veya tümör tarafından omurilik kompresyonunda olduğu gibi sinir sistemindeki hasar veya işlev bozukluğundan kaynaklanan ağrı tipidir.

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