

BÖLÜM 122

YAŞLILARDA BAĞIŞIKLAMA

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GİRİŞ

65 yaş ve üzeri bireylere rutin olarak yapılması önerilen aşılar influenza, pnömokok, herpes zoster ve tetanoz aşılarıdır. Diğer bazı aşılar ise risk/yarar dengesi gözetilerek belli koşullarda uygulanır, bazılarının ise geriatrik bireylere uygulanması önerilmemektedir.

İNFLUENZA AŞISI

İnfluenza virüsü her yıl kış aylarında epidemiyeye neden olmakta ve özellikle de yaşlıları etkilemektedir. İnfluenza nedenli ölümlerin yüzde 90'dan fazlası 60 yaş ve üzerinde görülmektedir. Amerika Hastalık Kontrol ve Önleme Merkezleri (*Centers for Disease Control and Prevention-CDC*), Aşılama Uygulamaları Danışma Komitesi (*Advisory Committee on Immunization Practices-ACIP*) aşı yapılmasına engel durumu olmayan, ≥6 aylık herkes için yıllık influenza aşısının yapılmasını önermektedir. Özellikle yüksek riskli bireylerin ve

bu bireylerle birlikte yaşayan ya da bu bireylere bakım veren kişilerin de aşılınması önemlidir. Yüksek riskli bireyler içerisinde 50 yaş ve üzeri bireylerin tümü dahil edilmiştir.

Amerikan Gıda ve İlaç Dairesi (*Food and Drug Administration-FDA*) tarafından onay almış çeşitli influenza aşıları mevcuttur. Bu aşılar ya dört değerlikli (*quadrivalent*) ya da üç değerlikli (*trivalent*) dir. Dört değerlikli aşılar influenza virüsünün iki A antijenini ve iki B antijenini içerirler. Üç değerlikli aşı ise influenza virüsünün iki A antijenini, bir B antijenini içerir. Şubat 2021'de 2021-2022 influenza sezonu için FDA tarafından *quadrivalent* aşılardan kullanılması önerilmiştir.⁴ Kullanımda olan FDA onaylı *quadrivalent* influenza aşıları ise şunlardır:

1. İnaktif *quadrivalent* influenza aşıları
 - Standart doz, yumurta bazlı aşı
 - Standart doz, hücre kültürü bazlı aşı: ≥6 ay için onaylanmıştır.
 - Standart doz, yumurta bazlı adjuvanlı aşı: ≥65 yaş için onaylanmıştır.

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