

### Giriş

“Ağrı”, reddedilen bir sevgilinin yaşadığı duygusal şaşkınlıktan, yani ruh ağrısından, düşman tarafından ezilen yaralı bir askerde meydana gelen biyolojik değişikliklere kadar değişen fenomenleri tanımlamak için kullanılabilir (1).

Ağrı, Uluslararası Ağrı Araştırmaları Derneği (IASP) tarafından, “mevcut veya olası doku hasarı ile ilişkili veya bu hasarla tanımlanabilen, hoş olmayan duygusal ve duygusal deneyim” olarak tanımlanmaktadır (2). Zaman seyrine ve süresine göre ağrı, akut ve kronik ağrı olarak sınıflandırılabilir (3). Akut ağrı, rahatsız edici olsa da sağkalım için esastır, çünkü zarar veren faktörden kaçınma, iyileşmeyi başlatma için harekete geçmeyi sağlayan mekanizmadır (1,4). Ağrı kronikleştikçe, farklılaşır ve ruhsal (ve zihinsel) durum değişir (5). Kronik ağrı, ağrının anlamına ve kişinin ruhsal durumuna bağlı olarak insanlar arasında büyük farklılıklar gösterebilir. Bilişsel ve duygusal faktörlerin ağrı algısı üzerinde önemli etkisi vardır (6).

Kronik ağrının tedavisi için en iyi uygulamanın psikolojik ve farmakolojik müdahaleleri birleştirmek olduğu ve psikiyatrik değerlendirmede eşlik eden psikiyatrik hastalıklar ve ağrının kronikleş-

mesinde rol oynayan faktörlerin ayrı ayrı ele alınması önerilmektedir (7,8).

### Ağrının Sınıflandırılması

Ağrı; başlama süresi, mekanizması ve kaynaklandığı bölge olarak üç kısma ayrılabilir. Başlama süresine göre; akut ve kronik, mekanizmasına göre; nosiseptif ve nöropatik, kaynaklandığı bölgeye göre ise; somatik, visseral, sempatik ve periferik olarak sınıflandırılabilir (9). Bunlara ek olarak ağrı, periferik kaynağına, patofizyolojisine, nosiseptif kalitesine, konumuna, dağılımına veya yoğunluğuna göre de karakterize edilebilir. Bu karakterizasyonların tümü genler, cinsiyet, bilişsel yorumlama, duygusal veya motivasyonel bağlam, nöropsikopatoloji, endorfin konsantrasyonları ve diğer hormonların yanı sıra kültürel, sosyal ve dini ortam dahil olmak üzere çok sayıda faktör tarafından düzenlenir (1).

### Biyopsikososyal Model Kullanılarak Ağrının Kavramsallaştırılması

Modern ağrı kavramsallaştırmaları, ağrıyı doku durumunun bir göstergesinden ziyade bir kouruyucu, dokunun tehlikede olduğuna ve buna uygun eylem gerektirdiğine dair tahmini yansı-

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