

Bölüm 9

İNTRAOPERATİF HİPOTERMİ

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► Hipotermi

Hipotermi, 36 °C'nin altındaki vücut çekirdek sıcaklığı olarak tanımlanır ve çoğu ameliyathanede her gün meydana gelen bir durumdur(Slotman, Jed et al. 1985, Morley-Forster 1986). İstenmeyen perioperatif hipotermi ise preoperatif dönemden başlayıp postoperatif ilk 24 saatlik süreçte vücut sıcaklığının 36 °C'nin altına düşmesi olarak tanımlanır(Sajid, Shakir et al. 2009).

Hipotermi Gelişimi, Sonuçları ve Önlemler

Sağlıklı, anestezi uygulanmamış insanlarda, hipotalamus, çekirdek vücut sıcaklığını çok dar toleranslar içinde tutar (± 0.2 °C)(Fossum, Hays et al. 2001, Sessler 2009), bu aralık, eşik sıcaklık aralığı olarak adlandırılır, bir uçta terleme ve vazodilasyon eşiği ile diğerinde vazokonstriksiyon ve titreme eşiği olur. İntravenöz ve inhalasyon anestezikleri hipotalamusu etkilerler ve bu etkileri sonucunda sıcaklık toleranslarını 4°C'a kadar artırabilirler(Detry, Brengelmann et al. 1972, Fossum, Hays et al. 2001, Sessler 2009). Hem genel anestezikler, hem de

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