



## POSTOPERATİF AĞRI

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*Bildim ve anladım ki hiçbir şey bilinmemiş ve hiçbir şey anlaşılamamıştır.*

*İbn-i Sina*

Son yıllarda nörobiyoloji ve nosisepsiyon konularında bilgi birikimimizin artması ve analjezi tekniklerinin gelişmesi ile postoperatif ağrının yeteri kadar tedavi edilmediğini gösteren çalışmalar neticesinde postoperatif akut ağrı yönetimine verilen önem giderek artmaktadır. Akut ağrı tedavisinde standartların oluşturulması, akut ağrı servislerinin organize edilmesi, ağrıyı azaltmanın yanı sıra hasta konforunu artırmaya yönelik çalışmalar halen devam etmektedir. Uluslararası Ağrı Araştırmaları Derneği (International Association for The Study of Pain, IASP) dünya çapında konuyu ele almak ve önemini vurgulamak için 2011 yılını "Akut Ağrı" yılı olarak belirlemiştir (Keçik, 2012). IASP' ye göre ağrı; var olan ya da olası doku hasarına eşlik eden veya bu hasar ile tanımlana-

melidir; aynı zamanda kullanılmayan elde kalan opioidler ve diğere ilaçların nasıl elden çıkarılacağı bilgisi de verilmelidir. Ameliyat sonrası şiddetli ağrı, ilk birkaç günde hızlı bir şekilde azalma eğiliminde olmasına rağmen, bireysel yaklaşım ihtiyacını vurgulayacak şekilde postoperatif ağrı aylarca kalıcı olabilmektedir.

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