

BÖLÜM 7

Psikiyatrik Acillerde İntihara Yaklaşım

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GİRİŞ

Psikiyatrik aciller, hastaların davranışları ve düşünce süreçlerinde meydana gelen, işlevselliklerini bozan, tedavi edilmemeleri durumunda kendilerine ve çevrelerine zarar vermelerine neden olabilecek akut kriz durumlarıdır (1). Psikiyatrik krizler, kişinin yaşamının aniden gelişen travmatik ve zorlu yaşantılar nedeniyle kesintiye uğradığı reaksiyoner durumlar olarak tanımlanabilir (2). Hayat içinde birçok iniş ve çıkışların olduğu, zorlayıcı deneyimleri barındırmaktadır. Kişi bu zorlayıcı deneyimlerle sağlıklı bir şekilde başa çıkabildiğinde kriz durumları ortaya çıkmazken, mevcut problem çözme yetenekleri yetersiz kaldığında ise kriz durumları oluşur (3). Psikiyatrik kriz durumu ile ilgili başvuruların %10-20'sinin intihar ile ilişkili olduğu bildirilmektedir (4).

İntihar bireyin istemli olarak yaşamına son vermesi, kendine yönlendirdiği saldırganlık ve yok etme eylemi olarak tanımlanabilir (5). Her yıl dünya genelinde yaklaşık olarak 800.000 kişi intihar nedeniyle hayatını kaybetmekte olup bu sayı cinayet ve savaşlardan ölen insan sayısını aşmaktadır. İntihar 2016 yılında 15-29 yaş arası nüfusta ikinci önde gelen ölüm nedeniydi. 2013 yılında Dünya Sağlık Örgütü artan oranlar nedeniyle intiharı küresel bir halk sağlığı krizi ilan etti ve tüm ülkeleri kanıta dayalı intihar önleme stratejilerini uygulamaya çağırdı (6).

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