

BÖLÜM 20

Yoğun Bakım Ünitesinde Stres Ülseri: Tanı ve Profilaksi

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GİRİŞ

Stres ülseri profilaksisi, strese bağlı mukozal üst gastrointestinal kanamanın önlenmesi için kritik hastalara yaygın olarak uygulanır. Bu uygulama randomize çalışmalarda ve çeşitli uygulama kılavuzlarında onaylanmasına rağmen, şu anda stres ülseri profilaksisi ile ilgili bir dizi cevaplanmamış sorular bulunmaktadır. Rutin stres ülseri profilaksisini destekleyen çoğu veri, 1980'lerde ve 1990'larda yürütülen ve kritik durumdaki hastaların modern günlük yönetimi için sınırlı bir uygulamaya sahip olabilecek çalışmalardan kaynaklanmaktadır. Günümüzde düşük gastrointestinal kanama oranlarının klinik olarak algılanması, mevcut risk faktörleri hakkındaki sorular ve stres ülseri profilaksisinin yan etkileri, yoğun bakım ünitesinde stres ülseri profilaksisinin yararı veya zararı hakkında tartışmalara yol açmıştır. Kritik hastalarda mukozal hasarın sıklığı (endoskopik çalışmalar sonucunda) %75-100 arasında değişmekte olup, gizli kanama kabaca hastaların %5-25'inde görülmektedir (1).

Stresle ilişkili mukoza hastalığı, üst gastrointestinal sistem mukozasında kritik hastalıkla ilişkili olarak ortaya çıkan akut, eroziv, enflamatuvar lezyonlarla seyreden klinik durumdur. Bu lezyonlar, genellikle yüzeysel olup asemptomatik seyretmekle beraber, submukozaya ve muscularis propriaya kadar ilerleyip, masif hemoraji ve perforasyona neden olabilirler. Derin, submukozaya kadar ilerleyen

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