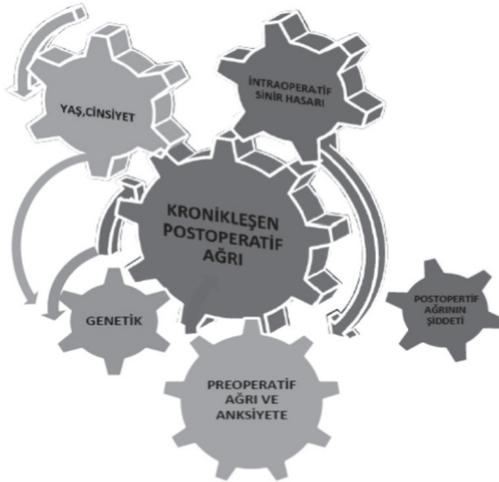


8. Bölüm

KRONİKLEŞEN POSTOPERATİF AĞRIDA İNTRAOPERATİF SINIR HASARININ ROLÜ

Hande ÖZOCAK

Kronikleşen postoperatif ağrı, cerrahi operasyonlardan sonra, en az üç ay devam eden, nöropatik karakterli, karmaşık bir ağrıdır. Kronikleşen ağrının gelişimi açısından, kadınlar ve gençler yüksek riskli grupta yer almaktadır. Catechol-O-methyltransferase (COMT) polimorfizmi, Melanocortin-1 reseptör geni ile yapılan çalışmalar genetik rolün varlığını göstermektedir. Preoperatif anksiyete de ağrının kronikleşmesinde etkilidir. Ağrı duyarlılığı arttığında anksiyete, kaygı, depresyon, öfke gelişmekte, ağrı ile başa çıkma isteği yetersiz kalmaktadır (Şekil 1) (1, 2, 3, 4).



Şekil 1. Postoperatif Kronikleşen Ağrı Risk Faktörleri

lerde uygulanan flank insizyonlarında hasar gören interkostal sinir, postoperatif ağrıya sebep olmaktadır. (60, 61). Laporoskopik cerrahi tekniğin kullanılması kronikleşen ağrı oranlarını azaltır. Benzer şekilde açık kolesistektomiler ile laporoskopik kolesistektomileri karşılaştıran çalışmalarda laporoskopik cerrahinin kronikleşen ağrı insidanslarını azalttığı görülmüştür. Bu konu da yapılan çalışmalar yetersizdir (62).

Cerrahi işlemlerin ülkemizde ve tüm dünyada, ekonomik ve sosyal faktörlerin etkisi ile artışı, postoperatif komplikasyonlardan biri olduğu düşünülen kronikleşen postoperatif ağrının önemini artırmaktadır. Cerrahi insizyonun büyüklüğünden bağımsız olarak da karşımıza çıkabilen intaoperatif sinir hasarı, cerrahi tekniğin önemini ortaya koymaktadır. Akut ağrının tedavisi önemli bir kriterdir. İntraoperatif ve postoperatif akut ağrının tedavisi azalmış kronikleşen ağrı insidansları ile ilişkili bulunmuştur. Postoperatif erken dönemde akut ağrı şiddeti fazla olan hastalarda kronikleşen ağrı gelişebileceği düşünülmelidir. Sinir hasarı gelişme ihtimali yüksek olan vakaların cerrahi sırasında nörofizyolojik monitörizasyonu önerilir. Postoperatif kronikleşen ağrının karmaşık patofizyolojisi nedeni ile tedavi stratejileri operasyon öncesi planlanmalı ve multimodal yaklaşımlar tercih edilmelidir.

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