

BÖLÜM 26

ONKOLOJİK HASTALIĞI OLAN ÇOCUK VE ERGENLERDE UYKU SORUNLARI

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Giriş

Çocukluk döneminde, lösemiler ve santral sinir sistemi (SSS) maligniteleri en sık görülen onkolojik hastalıklardır (1). Günümüzde, tanı ve tedavi yöntemlerindeki gelişmeler sonrasında çocukluk çağı kanserlerinde sağkalım oranları artmıştır ve beş yıllık sağkalım oranlarının %80 olduğu belirtilmektedir (2). Hayatta kalma oranları, kanser türüne göre değişmektedir. Diffüz intrinsik pontin glioma tanılı çocukların çoğu tanıdan itibaren bir yıl içinde kaybedilirken, akut lenfoblastik lösemisi (ALL) olan çocukların %90'ından fazlası yetişkinliğe ulaşabilmektedir (3). Sağkalım oranlarının artmasıyla, kanser tedavileri sırasında ve sonrasında çocuğun yaşam kalitesini etkileyebilecek ağrı, yorgunluk, uyku sorunları gibi faktörlerin ele alınması ve tedavilerinin düzenlenmesi önemli hâle gelmiştir (4).

Onkolojik hastalığı olan çocuklarda uykunun sıklıkla bozulduğu bildirilmektedir (5, 6). Kanser tanısı olan çocuklardaki uyku bozukluğu yaygınlık oranlarının %25 ile %87 gibi geniş bir aralıkta olduğu görülmektedir. Yaygınlık çalışmalarına bakıldığında, kullanılan ölçüm yöntemlerine bağlı olarak sonuçlar büyük farklılıklar göstermektedir (7, 8). Bakım verenlerin çocuklarına ait uyku sürelerine ilişkin bildirimleri, sağlıklı kontrol grupları ile benzer olsa da (9), kanser tanısı olan çocukların objektif ölçüm yöntemleri kullanıldığında, normatif değerlerden çok daha az süre uyudukları tespit edilmiştir (10).

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- Davranışsal müdahale ve çevresel düzenlemelere yanıt vermeyen çocuklar için farmakoterapi tedavisi eklenebilir. Özellikle beyin tümörü nedeniyle uykusuzluk çeken veya EDS'si olan çocuklar için kombine tedavi gerekebilir.

Kaynaklar

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