

# TRAVMATİK BEYİN HASARI REHABİLİTASYONU

## 18. BÖLÜM

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### Giriş

Travmatik beyin hasarı (TBH) vücut dışından gelen bir kuvvete bağlı olarak santral sinir sisteminde (SSS) geçici veya kalıcı nörolojik fonksiyon bozukluğu oluşmasıdır (1). Fiziksel kayıplarla birlikte bilişsel ve davranışsal, psikolojik ve sosyal problemlere neden olması ve daha çok genç erişkin çağda oluşması nedeniyle önemli bir halk sağlığı sorunu oluşturmaktadır. Aynı zamanda önemli bir sosyoekonomik sorun olarak da karşımıza çıkmaktadır. Amerika Birleşik Devletleri (ABD)'nde, 2010 yılında TBH'ya bağlı direkt ve indirekt etkilerle oluşan ekonomik kaybın 76,5 milyar dolar olduğu bildirilmiştir (2).

TBH insidansı toplumlarda her yıl artış göstermektedir. Bunun nedenleri arasında motorlu taşıt kullanımının artması, yaşam süresinin uzamasıyla birlikte düşmelerin artması, savaşların etkileri sayılabilir. İnsidansın pik yaptığı yaş grubu 75 yaş üzeri ve 15-24 yaşları arasındadır. Gelişmiş ülkelerde ağır kafa travması insidansının 14/100.000, orta kafa travması insidansının 15/100.000 ve hafif kafa travması insidansının 131/100.000 olduğu bildirilmiştir (3).

### Etiyoloji ve Epidemiyoloji

TBH istatistiksel olarak tüm ölümler arasında dördüncü en sık ölüm nedenidir (3). ABD' de yaralanma ile ilişkili ölümlerin % 30' unu oluşturmaktadır (4). Dünya Sağlık Örgütü (DSÖ) tarafından hastanede tedavi edilen TBH oranının 100-300/100.000 olduğu bildirilmiştir (5). TBH insidansı ülkelere göre değişiklik göstermektedir. Yeni Zelenda' da yılda 811/100.000 iken Batı Avrupa' da bu oran 782 /100.000' dir (6). İsviçre, İtalya, Fransa ve Norveç TBH insidansının giderek azaldığı ülkeler arasında yer alırken; İspanya ve Tayvan insidansın artış gösterdiği ülkeler arasında yer almaktadır (6).

TBH' nın en fazla görüldüğü yaş grubu 15-24 yaş aralığıdır. 75 yaş üzeri ve 5 yaş altında da risk yüksektir. Erkek cinsiyette görülme oranı daha fazladır (4). Denge kaybı, görme bozuklukları ve kas- iskelet sistemi problemleri yaşlı hasta grubunda riski arttıran nedenlerdendir (7). TBH sebepleri arasında araç kazaları (bisiklet, motosiklet, otomobil, vs.) ilk sırada yer almaktadır. İkinci en önemli neden ise özellikle 75 yaş üzeri ve 5 yaş altında sık görülen düşmelerdir (8). Diğer nedenler arasında ateşli silah yaralanması, spor ve eğlence ile ilgili faaliyetler sayılabilir (9). Ergenlerde, sporla ilgili yaralanmalar önemli bir oranı

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lar hakkında bilgi sahibi olmasının sağlanabileceği de düşünülmektedir. Bu amaçla geliştirilmiş sensörler ve uygulamalar bulunmaktadır. Ancak hangisinin daha etkili olduğuna dair daha fazla sayıda çalışma yapılması gerekmektedir (142).

### Sonuç

TBH toplum için önemli bir sosyoekonomik durumdur. Birey ve aile için de önemli etkilere sahiptir. TBH' lı hastaların rehabilitasyonunda amaç hastalara mümkün olduğunca fonksiyonelliği kazandırmaktır. Bunu yaparken aynı zamanda fiziksel ve bilişsel iyilik halini de sağlamaktır. Erken rehabilitasyon büyük bir öneme sahiptir. Günümüzde TBH tedavisi ve rehabilitasyonu ile ilgili araştırmalar devam etmektedir.

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