

28.

BÖLÜM

SEPSİSTE GÜNCEL YAKLAŞIMLAR

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GİRİŞ

Sepsis; vücuttaki enfeksiyonun tetiklediği hasar sonucu gelişen mortalitesi yüksek bir durumdur. Günümüzde sepsisin yıllık görülme sıklığı giderek artış göstermektedir. Son yıllarda, organ destek sistemlerinde ilerleyen teknolojiye ve bu teknoloji sayesinde sepsis patofizyolojisinin daha da iyi aydınlatılmasına rağmen, kritik hastalarda önde gelen mortalite nedeni olmaya devam etmektedir. Sepsiste yüksek mortalite ve morbidite oranı ciddi klinik yaklaşım ve çözüm gerekliliğini ortaya koyar. Tüm bunlar tanı, tedavi ve izlem protokollerinin geliştirilmesine yol açmıştır. Sepsis; teşhisi ve yönetimi zor olan karmaşık bir tanıdır. Tedavide başarılı olmanın yolu hızlı ve erken tanının konmasıdır.

Tanımlar ve Tanı

Sepsis, enfeksiyona düzensiz bir konak yanıtının neden olduğu fizyolojik, biyolojik ve biyokimyasal anormalliklere sahip klinik bir sendromdur. Sepsis ve ortaya çıkan inflamatuvar yanıt, çoklu organ disfonksiyon sendromuna ve ölüme yol açabilir. Tarihin ilk zamanlarından günümüze kadar olan süreçte enfektif ajanlar varlığını korumuş, değişmiş ve sepsis kavramı geçerliliğini sürdürmüştür. Geniş çaplı toplantılar ile kılavuzlarda değişiklikler yapılmıştır ve acil tıp, yoğun bakım ve diğer ilgili klinisyenlerin sepsis yönetiminde ortak paydada buluşmaları sağlanmıştır ve yüksek kalitede hasta bakımı için zemin hazırlanmıştır (1). Avrupa Yoğun Bakım Derneği (ESICM) ve Kritik Bakım Derneği (SCCM) tarafından yayınlanan 2016 sepsis kılavuzu daha önceki ya-

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