

# BÖLÜM 4 ◀

## ÇOCUĞUN DUYGUSAL İHMALİ VE HEMŞİRELİK YAKLAŞIMI

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### Giriş

Çocukluk döneminde duygusal ihmal en yaygın olduğu düşünülen çocukluk kötü muamele türlerinden biridir (1,2). Ebeveyn/bakıcının beklenen duygusal/psikolojik bakımı vermemesi, çocuğu desteklememesi, çocuğun olumlu/olumsuz davranışlarının görmezden gelinmesi, sevgi ve şefkat yoksunluğu durumlarını içermektedir (2-6). Duygusal ihmale uğrayan çocukta kısa ve uzun dönemde bilişsel, duygusal, psikolojik, sosyal ve fiziksel alanlarda birçok etki görülmektedir (7). Tespit edilmesi zor olan bir çocukluk kötü muamele türüdür; bu nedenle sağlık profesyonellerinin çocuk ve ailedeki risk faktörlerini belirlemedeki rolü oldukça önemlidir. Duygusal ihmalin önlenmesi için çocuk, aile ve toplum ile iş birliği yapılması gerekmektedir (8). Bu bölümde çocukluk duygusal ihmalinin kapsamı, epidemiyolojisi, risk faktörleri, çocuk üzerindeki etkileri, önlenmesi ve hemşirelik yaklaşımı ele alınmıştır.

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Üçüncü olarak, duygusal ihmal maruziyeti tespit edilmiş bir çocuğun değerlendirilmesi ve bakımı ruh sağlığı hemşireleri, çocuk psikiyatristleri, klinik psikologlar ile iş birliği yapılarak sağlanmalıdır. Psikolojik danışmanlık, baş etme becerilerinin geliştirilmesi, ebeveyn sorunlarının gözden geçirilmesi, ebeveynin psikolojik danışmanlığı gibi bireysel özelliklere yönelik girişimlerde bulunulmalıdır (8,12,66,67).

Son olarak, duygusal ihmal prevalansının kontrol altına alınabilmesi için hemşirelerin birincil, ikincil ve üçüncül korunmanın tüm aşamalarında yer alması ve bu konuda hizmet içi eğitimlere dahil olması gerekmektedir (8).

## Sonuç

Çocukluk duygusal ihmalı, yaygın prevalansı ve yaşam boyu süren etkileri nedeniyle ciddi bir toplumsal problemidir. Önlenmesi aşamasında meslek profesyonelleri ve çocuğun yanı sıra ebeveynler anahtar bir rol oynamaktadır. Önleme kapsamında etkinin geniş bir kitleye sahip olabilmesi için; risk altındaki çocuğun, ebeveynin ve ailenin tespitinde klinik programlara yer verilmelidir. Toplum içerisinde oluşturulan sosyal politikaların çocuk ve aileleri çerçevesinde ve Evrensel Çocuk Hakları rehberliğinde ortaya çıkarılması gerekmektedir. Sınırlı sayıda bulunan ampirik verilerin artırılması için, kanıt temeli ve örneklem boyutu yüksek nicel ve nitel çalışmalar planlanmalıdır.

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