

BÖLÜM 5

COVID-19 Döneminde Obsesif Kompulsif ve İlişkili Bozukluklar

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Genel bilgiler

COVID-19 hastalığı 2020'de bir pandemi olarak hayatımıza girdiğinde belirsizlik ve endişeyi beraberinde getirmiştir. COVID-19 hastalığı ateş, kuru öksürük, halsizlik gibi hafif belirtilerden dispne, göğüs ağrısı, bilinç kaybı gibi daha ağır belirtilere değişebilen çok çeşitli semptomlarla kendisini gösterir ve hastaların bir kısmı yaşamı tehdit eden COVID-19 komplikasyonu yaşarken hastalananların yüzde bir kadarı hayatını kaybeder(1,2). Hal böyle olunca bu çok hızlı yayılan hastalığın yayılmasının önüne geçilebilmesi için dünya çapında sıkı stratejiler uygulanmaya başlanmıştır. Karantina, fiziksel mesafe, el hijyeni, koruyucu yüz maskeleri kullanma gibi tedbirler önerilmiş ve bu tedbirlerin uygulanmasına yönelik ulusal kampanyalar düzenlenmiştir. Virus korkusu ve virusun

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gibi- ilişkili strese maruz kalabilir, damgalanma, kötü özbakım nedeniyle sorunlar yaşayabilir, hastalıkları nüks edebilir. Ayrıca intihara daha yatkın olabilirler. Ayrıca daha önce bilinen psikiyatrik hastalığı olmayan kişiler de pandemi döneminde bulaş kaygısı nedeniyle obsesif kompulsif belirtiler yaşayabilir. Bunların yanında hastalık sırasında ortaya çıkan inflamatuvar, immunolojik ve serebrovasküler değişikliklerin COVID-19 ile ilişkili obsesif kompulsif belirtiler ve diğer nöropsikiyatrik belirtilerin oluşumuna katkıda bulunması beklenebilir. Yeni geliştirilen antisitokin tedaviler gib tedavilerin bu viral enfeksiyonla ilişkili yeni başlayan OKB'si olan kişilere ne kadar fayda sağlayacağı ileride çalışmalar sonucunda anlaşılacaktır. Ancak pandemi döneminde OKB'si olan kişilerde uygulanan klasik tedavilerin -anti-obsesyonel ilaç tedavileri ve BDT'nin- uygulama biçimlerinin hem sağlık personelinin diğer alanlarda çalışmak zorunda kalması hem de maruz bırakma tepki önleme çalışmalarının bulaş riskini artırabilecek olması nedeniyle klasik şekilde uygulanmayacağı, tele-psikiyatrik hizmetlerin kullanımı, tedavide ilaçlara öncelik verilmesi, BDT çalışmalarının COVID-19 bulaşması riskini artırmayacak şekilde yeniden düzenlenerek uygulanması gerektiği anlaşılmıştır. Hastaların ve ailelerinin neyin *yeterli* neyin *aşırı* olduğu konusunda doğru şekilde eğitilmeleri önemlidir.

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