Kısım II

Bölüm

18

Günübirlik Cerrahide Anestezi Yönetimi

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Giriş

Cerrahi işlemin yapıldığı gün evine gönderilmesi planlanan hastalara uygulanan cerrahiye, günübirlik cerrahi denir. Bu tür cerrahide uygulanan anestezi de günübirlik anestezi olarak tanımlanır (1). Geçtiğimiz 20 yılda minimal invaziv cerrahi tekniklerinde ve teknolojilerindeki gelişmelerin yanısıra sağlık giderlerini belirgin şekilde azaltması, günübirlik cerrahinin dünya çapında giderek yaygınlaşmasına neden olmuştur. Öyle ki Amerika Birleşik Devletlerindeki tüm cerrahi işlemlerin neredeyse %80'ini günübirlik cerrahi işlemler oluşturmaktadır. Yeni ve kısa etkili ilaçlar, eskiye oranla gelişmiş anestezikler, postoperatif bulantı ve kusmayı (PONV) daha efektif şekilde önleyebilir oluşumuz ve postoperatif ağrı tedavisini yönetme yeteneğimizdeki artış bu sürece olumlu katkı vermektedir (2).

Dünya nüfusu giderek yaşlanmaktadır. Birleşmiş Milletler Nüfus Dairesine göre, yaşlı nüfusunun 2045'te ilk kez çocuk nüfusunu geride bırakacak kadar artacağı ve dünya nüfusunun %32'sine yükseleceği tahmin edilmektedir (3). Amerika Birleşik Devletlerinde 1990'dan bu yana 75-84 yaş nüfusu %20 artış gösterirken 85 yaş ve üstü nüfusu %30 artış göstermiştir. Bu gerçeklerden, anestezi uzmanları ve cerrahlar dahil tüm klinisyenler için derin çıkarımlar sözkonusudur. Örneğin yaşlanma, bir bireyin ameliyat gerektirme olasılığını arttırır. 45-60 yaşları arasındakilerin yaklaşık %12'si ameliyat olurken, bu sayı ≥65 yaşları arasındakilerde >%21'e yükselir. Ne yazık ki morbidite ve mortalite geriatrik popülasyondaözelliklede 75 yaşından sonra artış gösterir. Bu artışa, hastanın preoperatif durumunun ve yaşlı bir popülasyona anestezi uygulanıyor olmasının intraoperatif ve postoperatif periyottaki çok yönlü etkileri de katkıda bulunmaktadır (4). Bu bölümde, günümüzde artık yaygın olarak tercih edilen günübirlik cerrahi işlemlerde anestezi yönetimi üzerinde durulmuştur.

TABLO 2. Modifiye Anestezi Sonrası Taburculuk Skorlama Sistemi (PADSS)	
Vital bulgular	2 = normalin %20'sinde 1 = normalin%20 ile %40'ı 0 = normalin %40'ı
Ambulasyon ve zihinsel durum	2 = düzenli yürüme, baş dönmesi yok 1 = yardımla yürür 0 = yok / baş dönmesi
Bulantı ve kusma	2 = minimal 1 = orta 0 = şiddetli
Ağrı	2 = minimal 1 = orta 0 = şiddetli
Cerrahi kanama	2 = minimal 1 = orta 0 = şiddetli

(Not: Toplam anestezi sonrası derlenme skoru 9 ve üstünde ise taburcu edilir)

Sonuç olarak, yaşlı nüfus tüm dünyada giderek artmaktadır. Tıbbi ve ekonomik sebepler anestezi uzmanlarını yaşlı nüfusun günübirlik cerrahiye uygunluğu, preoperatif hazırlığı, intraoperatif ve postoperatif yönetimi konusunda daha çok araştırmaya ve gelişmeye zorlayacak gibi görünmektedir.

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