

## Sedasyonda Monitörizasyon

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**M**onitör kelimesi, Latince “**hatırlatmak**” anlamına gelen “**monere**” sözcüğünden gelmektedir. Günümüzde “vücudun işlevini yakından ve sürekli olarak gözlemlemek ve değerlendirmek ya da “**anestezi uygulanmış bir hastada ya da cerrahi veya herhangi bir girişim geçiren hastada, solunum, kalp atım hızı (KAH), kalp ritmi, kan basıncı gibi fizyolojik verileri otomatik olarak kaydeden bir aygıt**” anlamında kullanılmaktadır. Bir terim olarak “**monitörizasyon**” hastaya bağlanan teknolojik cihazlar ile fizyolojik parametrelerin zamana bağlı olarak ölçülmesi demektir (1). Kavram olarak ise gözlemci ile hastanın fizyolojisi, müdahalelere ne şekilde cevap verdiği arasındaki bağlantıyı anlatan daha geniş bir anlama sahiptir. Bu kavramda izlemenin bir süreç olduğu ve gözlemcinin hastanın mevcut iyi durumunun sürdürülmesinde veya değişikliklerinde uyarılma işlevini yerine getirdiği açıktır. Buna ek olarak, izleme sürecinin verimliliği, kullanılan monitörün tipine, işlev kabiliyetine ve gözlemcinin monitörün sağladığı bilgileri yorumlama ve bunlara göre hareket etme yeteneğine bağlı olacaktır. Bu nedenle tek başına monitörün kullanılması ile değil, monitörden elde edilen verilerin etkin yorumlanması ile izleme süreci amacına ulaşacaktır.

Hastaların fizyolojik durumlarının çok hızlı değişebildiği GA ve sedasyon uygulamaları sırasında bu fonksiyonların monitörize edilerek izlenmesi sorunların erken saptanmasına ve hızla düzeltici faaliyetlerin yapılabilmesine olanak tanır. Bu amaçla kullanılan mekanik ve elektronik monitörler iyi birer kaynaktır ve hayati organların bütünlüğünü, dokuların uygun perfüzyonunu ve oksijenlenmesini gözlemlemede yararlı bilgiler sağlayabilir (2). Monitörizasyonun, perioperatif dönemde tüm olumsuz olayları veya kazaları önlemede değilse de, hataların sonuçlarını tespit ederek ve hastanın durumunun kötüleştiğine dair erken uyarı vererek hasta güvenliğini artırdığına dair kanıtlar vardır (3, 4). İzleme süreci, temel olarak “**veri toplama**”, hastanın belirti ve bulgularının dikkatle **gözlemlenmesi** ve moni-

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