KONU 12

Rejyonel Anestezi Periferik Sinir Blokları ve Lokal Anesteziye Eşlik Eden Sedasyon Uygulamaları

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Anestezi uygulamalarının en popüler yöntemlerinden biri olan rejyonel anestezi, gerek teknolojideki gerekse kullanılan ilaçlardaki son gelişmeler sayesinde, GA uygulamalarına göre birçok avantaja sahip olmuştur. Rejyonel anestezi ve analjezi ana başlıkları ile periferik sinir blokları, ganglion ve pleksus blokları, santral sinir blokları (İntratekal, epidural) şeklinde gruplandırılabilir. Rejyonel anestezide hastanın bilincini kaybetmemesi ve uyanık kalması, havayolu reflekslerinin korunması, kardiyovasküler ve solunum sistem fonksiyonlarının olumsuz etkilenmemesi, cerrahi girişimlerde kan kaybının ve stres cevabın azalması uygulama sırasındaki en önemli üstünlüklerdir. Genel anesteziye göre derin venöz tromboz ve pulmoner emboli riski de daha düşüktür. Etkin postoperatif analjezinin sağlanması, hızlı postoperatif iyileşme, aile ile temasın, gıda alımının daha erken olması ise rejyonel anestezinin hasta konforunu artıran avantajlarıdır. Ameliyathane ortam kirliliğinden kaçınma, hastanede kalış süresinde kısalma, düşük işletme maliyeti ise tercih edilmesinde etkili olan diğer üstünlükleridir (1).

Rejyonel anestezinin kendine has bazı dezavantajları da bulunmaktadır (2). İşlemi yapacak anestezistin bu konuda yeterli teknik bilgi ve deneyime sahip olması zorunludur. Rejyonel anestezinin uygulanabilmesi ve maksimum etkinliğe ulaşması zaman alır. Yapılacak bloğa özgü problemler, postoperatif nörolojik komplikasyon riski, verilen lokal anesteziklere bağlı gelişebilecek sistemik toksisite (LAST) riski önemlidir. Hasta ve cerrahların bu konuda isteksiz oluşu, antikoagülan tedavi alan ve kanama profili bozuk olan hastalara uygulanamaması, inkomplet oluşan bloklarda GA'ya geçilmesi ise yabana atılamayacak sorunlardır. Uygulamada iyi bir hazırlık

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