

(Algoloji) Ağrı Tedavilerinde Sedasyon

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Ağrı; Uluslararası Ağrı Araştırmaları Teşkilatı [International Association for the Study of Pain (IASP)] tarafından “**Olası bir doku hasarı ile birlikte veya doku hasarı olmaksızın, kişinin geçmişteki deneyimlerini de içeren, hoş gitmeyen emosyonel deneyimler**” olarak tanımlanmaktadır. Tanımda da vurgulandığı üzere ağrı öznel bir duygudur ve objektif yöntemlerle ölçülmesi güçtür. Geçmişte hastalıkların bulgularından biri olarak kabul edilen ağrı günümüzde başlı başına bir hastalık olarak değerlendirilmektedir. Ağrının algılanması ve davranışlarla yansıtılması kişisel, toplumsal, kültürel pek çok faktöre bağlıdır. Dünyada her gün ağrı nedeniyle 700 milyon iş günü ve 60 milyar dolar zarar meydana geldiği tahmin edilmektedir (1-3).

AĞRI SINIFLAMASI

Ağrı; doku hasarının olup olmaması, başlangıç şekli ve süresi, seyri gibi özelliklerine göre farklı şekillerde sınıflandırılmaktadır. Günümüzde vücut sıcaklığı, KAH, solunum ve kan basıncından sonra 5. vital belirti olarak kabul edilmektedir.

En çok kullanılan ağrı sınıflaması **Tablo II-21-1**'de gösterilmektedir. Bu sınıflamaya göre ağrı dört ana başlık altında incelenmektedir; Nörofizyolojik mekanizmalara göre, süreye göre, ağrıya sebep olan etyolojik faktörlere göre ve bölgeye göre sınıflamalar yapılmıştır.

Ağrı; başlangıç şekli ve seyrine göre, akut ağrı ve kronik ağrı olarak iki ana başlıkta incelenmektedir. Akut ağrının analjeziklere cevap veren makul bir iyileşme süresi vardır. Sıklıkla bir hastalık habercisidir, hastaların sekonder kazancı yoktur, öğreticidir, önlem almaya tanıya ve tedaviye yardımcıdır. Ancak uygun tedavi yapılmadığında kronikleşebilme potansiyeli vardır.

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