

# Sedasyon Tarihçesi Terminolojisi ve Sedasyon Yöntemleri

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**H**astaların tanı ya da tedavi amaçlı işlemler sırasında şiddeti değişse de ağrı, korku, kaygı, gerilim hissetmesi beklenen bir durumdur. Bu durum sağlık ekibinin çalışmasını güçleştirecek yeni sorunlar çıkarabilir. Ortopedik girişimler, endoskopi, biyopsi alınması, yumurta toplama, elektro konvülfif tedavi (EKT) gibi invaziv işlemlerde veya manyetik rezonans görüntüleme (MRG) gibi invaziv olmayan işlemlerde sedasyon/sedoanaljezi işlemlere olan toleransı artırmaktadır. İnvaziv işlemlerde ağrının azaltılması öncelikli iken, invaziv olmayan ya da sadece hareketsizliğin gerektiği işlemlerde kaygının ve hareketin kontrolü ön plandadır. İletişim kurulamayanlarda, küçük yaştaki çocuklarda, fobik anksiyete bozukluğu olanlarda, zihinsel gerilik durumlarında işlemlerin gerçekleştirilebilmesi için hastanın uyumunun sağlanması, korku ve kaygısının farmakolojik yöntemlerle kontrol altına alınması gerekmektedir. Sağlık profesyonellerinin görevi hastalıkları yalnızca teşhis ve tedavi etmek değil, tüm bu işlemleri mümkün olan en yüksek güven ve konfor şartları içerisinde sürdürmektir. Anesteziyoloji alanında bu konfor ve güveni sağlamaya katkıda bulunan en önemli araçlardan biri de “sedasyon” dur.

**Sedasyon “tanı ve/veya tedavi amaçlı girişimler sırasında, dışarıdan uygulanan farmakolojik ajanlarla, lokal ya da rejyonel anestezi eşliğinde veya tek başına, yaşamsal fonksiyonlar korunarak, bilincin değişen derecelerde baskılanmasıyla, hastanın kaygı, korku, huzursuzluk gibi hislerini azaltan ve işlemlerin gerçekleştirilmesini kolaylaştıran bir anestezi yöntemi”dir.** Sedasyon dar bir sınır içerisinde tanımlansa da hastaların, işlemlerin, verilen ilaçların özelliklerinden kaynaklanan sebeplerle anesteziyoloji uzmanlık alanı içerisinde çok geniş bir yere sahiptir.

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