

Bölüm 25

SEDASYON-ANALJEZİ UYGULAMALARINDA NONFARMAKOLOJİK YÖNTEMLER

Dr. ????

Nonfarmakolojik tedaviler (NFT) tıbbın birçok alanında kullanılmaktadır. ağrı kontrolü en sık kullanıldığı alanlardan biridir. Hastaların hastanede aldığı tedaviye eklenen alternatif tedaviler tamamlayıcı veya bütünlüğü tedavi olarak adlandırılırlar (1). NFT ile ilgili araştırmalar her geçen gün artmaktadır. Yapılan birçok çalışma NFT'in gerek yalnız başlarına gerekse farmakolojik yöntemlerle birlikte uygulanmasının ağrının giderilmesinde ya da şiddetinin azaltılmasında etkili olduğunu ortaya koymaktadır (2-4).

Çin tıbbına göre evrendeki her şey aynı yasalara uyar. Bu nedenle, sağlık ve hastalık; ruhsal, zihinsel, fiziksel ve çevresel dengeden veya dengesizlikten kaynaklanır (5). Doğa ve vücut kararlı olmayan dinamik bir dengeye sahiptir ve bütünlük oluşturur (6).

Akut ve kronik ağrıda, sedasyon ve anksiyete de, perioperatif olarak cerrahi uygulamalarda, ameliyathane içi ve dışında, yoğun bakımda, dental prosedürlerde ve palyatifte NFT kullanılabilir (4,7,8). Analjezik kullanım ihtiyacını ve yan etkisini azaltmada faydalıdır (9). Ayrıca daha iyi derlenme, erken taburculuk, hatta psikolojik destek sağlamak amacıyla kullanılabilir (10).

Kronik ağrı durumlarında gerekirse diyet, uyku düzeni ve stres mücadelesi ile ilgili bilgi verilmesi tedavinin başarısını ve uyumu arttıracaktır. NFT'in yan etkisinin az olması ve düşük maliyet giderleri ile kronik hastalıklarda kullanımda avantaj sağlamaktadır (11,12). Bilişsel davranış terapisi (BDT), biyo-feedback, hipnoz, mind-fullness gibi bilişsel teknikler; kas gevşeme, nefesle gevşeme gibi davranışsal-psikososyal müdahaleler; transkütan elektriksel sinir stimülasyonu (TENS), masaj, manuel terapiler, şiropraktik maniplasyonlar, Tai Chi, yoga, gibi sayısız fiziksel yöntemler; dikkat dağıtma, yönlendirilmiş imgelem, akupunktur, müzik terapisi, kupa, soğuk-sıcak uygulama, mezoterapi, proloterapi, nöral terapi ve fitoterapi yardımcı nonfarmakolojik yöntemlerden bazılarıdır (2,13). Ayrıca yüksek frekanslı tekrarlayan transkranyal magnetik stimülasyon, transkranyal direkt stimülasyon, supraorbital transkütan nöron sti-

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