

Bölüm 10

YOĞUN BAKIMDA BESLENME TÜP ÇEŞİTLERİ VE UYGULAMASI

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Yoğun bakıma yatırılan hastaların nutrisyonel durumunun değerlendirilmesi ve hastaların beslenmesi hastaya uygulanacak tedavinin vazgeçilmez bir parçasıdır. Yetersiz beslenen hastalarda daha fazla komplikasyon ve enfeksiyon ile karşı karşıya kalınmaktadır^(1,2). 48 saatten daha fazla yoğun bakımda kalması beklenen kritik hastalar malnutrisyon açısından risk altında kabul edilebilir⁽³⁾. Dolayısı ile hastaların ideal olarak beslenmesi için planlama yapılmalıdır. Beslenme şekli hastanın klinik durumuna göre oral yolla, beslenme tüpleri ile enteral yolla ya da parantral olacak şekilde belirlenir. Enteral beslenme ile kısa ya da uzun süreli beslenme sağlanabilir⁽⁴⁾. Bu yazı ile birlikte enteral beslenme için kullanılan beslenme tüplerinin, özellikle yoğun bakım hastalarında çok sık kullanılan nazogastrik tüpler ve perkütan endoskopik gastrostomi(PEG) tüplerinin ayrıntılı incelenmesi amaçlanmıştır.

ENTERAL BESLENME

Enteral beslenme fizyolojiye en yakın olması, gastrointestinal yolda mukozal bariyeri ve barsak florasını koruması, infeksiyöz komplikasyonları azaltması ve maliyetinin düşük olması nedeni ile tercih edilir⁽⁵⁾.

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