

Bölüm 21

YOĞUN BAKIMDA İNDİREKT KALORİMETRE KULLANIMI

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GİRİŞ

Yoğun bakıma kabulü yapılan hastalarda hem altta yatan hastalık hem de yoğun bakım takibi boyunca gelişen olaylardan dolayı sık malnütrisyon olmaktadır.

Hastanede yatan hastaların %50'ye yakınında klinik olarak malnütrisyon olduğu düşünülmektedir ⁽¹⁾. Yoğun bakımdaki malnütrisyon terimi hem açlığa bağlı olan durumu hem de katabolik sürecin negatif etkilerine bağlı olan durumu içerir ^(2,3). Hastalık veya travma ile ilişkili inflamasyon anoreksiye ve vücut kompozisyonunda değişikliğe neden olabilir. Yoğun bakım hastalarında enerji ihtiyacının artması, yağsız vücut dokusunda katabolizmanın artması, akut faz proteinlerinde değişimler olması, serum albümin, prealbumin ve transferrin üretiminde azalma olması gibi major metabolik değişiklikler olur. Bu değişikliklerden dolayı yağsız vücut kitlesinde bozulma, yara iyileşmesinde gecikme, nazokomiyal enfeksiyon riskinde artma, respiratuvar kaslarda zayıflama, immünitide azalma, organ fonksiyonlarında bozulma, morbidite ve mortalitede artma meydana gelir.

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