

BÖLÜM 5

JİNEKOLOJİK KANSERLERDE YAŞAM SONU DÖNEM VE HEMŞİRELİK YAKLAŞIMI: PALYATİF VE HOSPİCE BAKIMI

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1. GİRİŞ

Kanser, şaşırtıcı ve korkutucu bir hastalık ya da hastalıklar grubudur. Kanserler, 200 milyondan uzun süredir çok hücreli canlıları etkilemektedir. Modern insanın atalarında bir milyondan daha eskiye dayanan kanser vakalarına dair kanıtlar bulunmaktadır. Enfeksiyon hastalıkları, parazitler ve birçok çevresel hastalığın aksine kanser, esasen bedenimize yabancı bir unsurdan kaynaklanmaz (1). Günümüzde onkolojik tedavi alanında kaydedilen ilerlemeler, kanser hastalarının sağ kalım süresinde önemli artışlar sağlamıştır. Özellikle hedefe yönelik tedaviler, immünoterapiler ve kişiselleştirilmiş tedavi stratejilerinin uygulanmaya başlanması, birçok kanser türünde yaşam süresini uzatıcı etkiler yaratmıştır. Ancak bu olumlu gelişmelere rağmen, ileri evre kanser tanısı alan ve prognozu belirsiz olan hasta sayısında da artış gözlemlenmektedir. Bu hasta grubunun büyük bir kısmı ağrı başta olmak üzere yoğun semptom yükü ile karşı karşıya kalmakta; aynı zamanda fonksiyonel kapasitelerinde azalma ve yaşam kalitesinde ciddi bozulmalar yaşamaktadır. Bu bağlamda sadece hastalığın tedavisine değil, aynı zamanda bireyin semptom yönetimine, psikososyal desteğine ve yaşam kalitesine odaklanan bütüncül bir bakım anlayışı giderek daha fazla önem kazanmaktadır. Bu gereksinimler, palyatif bakım uygulamalarının erken dönemde tedavi sürecine entegre edilmesini zorunlu kılmakta; böylece hastaların fiziksel, duygusal ve sosyal açıdan desteklenmesi hedeflenmektedir (2,3).

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