

BÖLÜM 2

JİNEKOLOJİK KANSERLERDE YAŞAM KALİTESİ: KORUNMASI VE SÜRDÜRÜLMESİNDE BAKIM

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GİRİŞ

Kanser, dünya çapında önde gelen ölüm nedenlerinden biri olarak kabul edilmekte ve yaşam süresinin uzamasında önemli bir engel teşkil etmektedir. Jinekolojik kanserler, kadın sağlığı açısından ciddi bir halk sağlığı problemi olarak öne çıkmaktadır; çünkü bu tür kanserler, kansere bağlı ölümler arasında kayda değer bir yer tutmaktadır (1).

Küresel düzeyde jinekolojik kanserlerin görülme oranlarına bakıldığında, 2020 yılı GLOBOCAN verilerine göre serviks kanseri ikinci, endometrium kanseri altıncı ve over kanseri yedinci sırada yer almaktadır (2). Türkiye’de ise endometrium kanseri dördüncü sırada, over kanseri altıncı sırada ve serviks kanseri onuncu sırada bulunmaktadır (3). Bu yüksek ölüm oranları, jinekolojik kanser hastalarında tedavi sürecine ve iyileşmeye yönelik girişimlerin önemini ortaya koymaktadır. Ancak bu tedavi süreçleri, kadınların yaşam kalitesi üzerinde belirgin etkiler yaratabilmektedir (4).

Dünya Sağlık Örgütü (WHO), yaşam kalitesini; bireyin kendi kültürel bağlamında, beklenti ve hedefleri doğrultusunda yaşamını değerlendirme biçimi olarak tanımlar (2). ABD Ulusal Kanser Enstitüsü ise yaşam kalitesini “genel yaşamdan duyulan memnuniyet” şeklinde ifade etmektedir (5).

JİNEKOLOJİK KANSERLERİN YAŞAM KALİTESİNE ETKİLERİ

Kanser tanısı alan bireylerde yaşam kalitesi, tanı anından başlayarak tedavi sürecinin zorluğu nedeniyle olumsuz yönde etkilenebilmektedir (6). Özellikle jineko-

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Hastalar, kanserin tekrarlama ihtimaline dair belirtiler ve tedaviye bağlı oluşabilecek yan etkiler konusunda bilinçlendirilmelidir (47).

Fiziksel semptomların yanında psikososyal sorunlar da yaşam kalitesini önemli ölçüde etkileyebildiğinden, hem hastaların hem de ailelerinin ihtiyaçlarını karşılayacak şekilde psikososyal destek sağlanmalıdır (48).

Bilişsel işlev bozukluklarının önlenmesi ve yönetimi konusunda hastalara etkili stratejiler sunulmalı; örneğin çoklu görevlerden kaçınma, bilgileri tekrar etme gibi başa çıkma yöntemleri anlatılarak günlük yaşamda kullanmaları teşvik edilmelidir. Böylelikle bilişsel sorunların günlük yaşantıya etkisi en aza indirilebilir (49).

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