

BÖLÜM 20



Alt Ekstremite Kas İskelet Sorunu Olan Çocuk ve Aile Merkezli Bakım

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GİRİŞ

Çocuklarda kas-iskelet sistemi rahatsızlıklarının tedavisinde genel olarak amacımız hastalığın neden olduğu ağrının giderilmesi, eklem fonksiyonunun korunması ve deformasyonların önlenmesidir. Uzun vadede, hastalık ve tedaviden kaynaklanan yan etkilerin en aza indirilmesi, normal büyümeyenin sağlanması da amaçlarımız arasındadır. Kas iskelet sistemi rahatsızlıklarının tedavisi ile çocukların normal yaşamlarına katılmaları sağlanacaktır. Tedavi bir ekip olarak yürütülmelidir. Çocuk, tedavi eden uzmanlar ve ailenin işbirliği tedavi sürecinde önem arz etmektedir. Ağrının yönetimi, yaşam kalitelerini geliştirilmesi, egzersiz, ortezleme, beslenme, ilaç tedavisi, iş uğraşı tedavisi konularında aileler eğitilmeli ve takımın bir parçası olmalıdır.

Bu bölümde çocuklarda sık görülen alt ekstremitelere ait kas iskelet sorunları, tedavisi ve ailenin rolü üzerinde durulacaktır.

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