

13. BÖLÜM

ÖZEL HASTA GRUPLARINDA AĞRI KONTROLÜ

(Yaşlı, Çocuk, Bilinci Açık
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Yeşim YAMAN AKTAŞ¹

ÖĞRENİM HEDEFLERİ

Bu bölüm sonunda okuyucu;

- Ağrıyı tanımlayabilmek,
- Ağrı bildiriminde bulunamayan özel hasta gruplarını sıralayabilmek,
- Ağrı bildiriminde bulunamayan hastalarda ağrı kontrolünde izlenmesi gereken önerileri açıklayabilmek,
- Ağrı değerlendirmede öncelik sıralamasını yapabilmek.

GİRİŞ

Sağlık profesyonelleri yarar sağlama ve zarar vermeme etik ilkeleri doğrultusunda ağrısını sözel olarak ifade edemeyen tüm hastalarda etkili ağrı ve konfor yönetimini sağlamalıdır. Hemşireler için Etik Kuralların (Amerikan Hemşireler Derneği, 2015) ilk ilkesi olan insan onuruna saygı, hemşireleri insani ve uygun bakımı sağlamaya yönlendirir. Adalet ilkesine dayalı olarak hemşirelik bakımı kişisel özellikler, ekonomik durum veya sağlık sorununun doğası dikkate alınarak sınırlandırılmadan en uygun şekilde sunulmalıdır. Etik ilkeler doğrultusunda, hasta bakımında yeterli ağrı ve semptom yönetimi sağlama gerekliliği çok önemlidir. Bu nedenle hemşireler hastanın bakımı, tedavisi ve

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13.2.4. Ağrının Düzenli Olarak Değerlendirilmesi, Uygulanan Girişimler Sonrası Ağrının Yeniden Değerlendirilmesi ve Kayıt Edilmesi

Özel hasta grubuna uygun geliştirilmiş ağrı değerlendirme ölçekleri kullanılarak hastaların ağrı düzeyi düzenli olarak değerlendirilmelidir. Farmakolojik ya da farmakolojik olmayan yöntemlerin etkinliğini değerlendirmek için girişim sonrası ağrı yeniden değerlendirilmelidir. Ağrı değerlendirmesine yönelik sistematik bir yaklaşım uygulanmalıdır. Ağrısını ifade edemeyen hastalarda, düzenli olarak ağrı bildiriminde bulunabilme durumları değerlendirilmelidir.^{69,74}

Sonuç olarak, ağrısını sözel olarak ifade edemeyen hastalar ağrının yetersiz tanınması ve tedavi edilmesi yönünden risk altındadır. Bu bölüm, ağrı bildiriminde bulunamayan risk altındaki özel hasta gruplarında ağrı kontrolü için klinik uygulama önerileri sunmaktadır. Hemşirelerin, bakımları altındaki tüm bireyleri, özellikle de belirtilen riskli grupların savunuculuğunu üstlenmek gibi ahlaki, etik ve profesyonel bir yükümlülüğü vardır. Diğer tüm hastalar gibi, bu özel hasta gruplarında da optimum ağrı yönetimini sağlamak için tutarlı olunmalı, ağrı sürekli değerlendirilmeli, uygun tedavi ve müdahaleler uygulanmalıdır. Bu nedenle, özel hasta gruplarında ağrıyı değerlendirmek için yeni stratejiler ve ağrı değerlendirme ölçekleri geliştirilmesi nedeniyle hemşirelerin yeni araştırma ve uygulama önerilerini düzenli olarak gözden geçirmeleri önerilmektedir.

KAYNAKLAR

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