

6. BÖLÜM

AĞRININ PSİKOSOSYAL BOYUTU

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ÖĞRENİM HEDEFLERİ

Bu bölüm sonunda okuyucu;

- Ağrısı olan bireyi bütüncül olarak ele alabilecek
- Ağrı ile ilişkili psikososyal faktörlerin tanımlayabilecek
- Ağrısı olan bireyin psikososyal değerlendirmesini yapabilecek
- Ağrısı olan bireye yaklaşımda psikososyal ve psikiyatrik hemşirelik girişimlerini tanımlayabilecek
- Ağrı ile birlikte görülen psikiyatrik faktörleri tartışabilecek
- Ağrı deneyiminde altta yatan psikiyatrik faktörleri değerlendirebilecek
- Ağrıya yönelik psikiyatrik tedavi seçeneklerini sıralayabilecek

GİRİŞ

Ağrı evrensel bir canlı deneyimidir. Evrensel bir insan deneyimi olmasına rağmen, fiziksel, psikolojik ve sosyal boyutları ile bireye özgü, karmaşık bir durumdur. Dolayısıyla ağrı deneyiminin anlaşılabilmesi için çok boyutlu, bütüncü bir yaklaşıma ihtiyaç duyulmaktadır. Bu bölümde, ağrı deneyiminin psikososyal ve psikiyatrik boyutu ele alınacak, ağrısı olan bireye yaklaşımda göz ardı edilebilen bu boyutlar ayrıntılı olarak incelenecektir.

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ve önyargılardan sıyrılarak hastaya yaklaşmak ve hasta ile terapötik bir ilişki geliştirmek gerekir. Ağrı ile çalışan profesyonellerin, ağrı deneyimi açıklayan fiziksel patolojiye dair yeterli kanıt bulunmayan durumlarda, psikolojik ve psikiyatrik faktörlerinin de olduğunu hatırlaması kadar fiziksel patolojinin açık olduğu durumlarda da psikolojik ve psikiyatrik faktörlerin etkisinin söz konusu olduğunu unutmamaları gerekir. Ağrı deneyimde etiolojide genellikle biyo-psiko-sosyal faktörlerin kombinasyonu yer almaktadır. Tedavinin de bu bakış açısıyla yürütülmesi ve tıbbi, psikiyatrik ve psikososyal müdahalelerin kombinasyonunu içeren bir yaklaşımın, multidisipliner bir ekip tarafından uygulanması faydalı olacaktır.

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