

Bölüm 8

ÇOCUKLARDA DİŞSEL AĞRI ALGISI VE YÖNETİMİ

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GİRİŞ

Uluslararası Ağrı Araştırmaları Birliği'ne göre ağrı; mevcut veya potansiyel doku hasarı ile ilişkili hoş olmayan bir duyusal ve duygusal deneyimdir (1). Ağrı mekanizması hastanın yaşadığı rahatsızlık göstergesi ile birlikte doku hasarını işaret ederek bunun ortadan kaldırılması için vücudu uyaran bir sistemdir (2). Ağrının sadece doku hasarına bağlı olması gerekmez, aeratörün sesi veya kesici delici aletlerin teması gibi uyaranlar da ağrı oluşturabilir (3).

Her yaştan çocuk ağrıyı algılayabilecek kapasiteye sahiptir (4,5). Ağrı ailesel faktörlerden etkilenir (6) ve çocuğun yaşamının erken dönemlerinde yaşadığı deneyimin sonuçları yetişkinlikte de kalır (4). Aşılama, kan testleri ve cerrahi gibi tıbbi prosedürler, travma veya hastalıktan kaynaklanan dakikalar, saatler veya günler süren ağrılar meydana gelebilir (7). Topuktan kan alınması veya sünnnet gibi ağrılı perinatal prosedürlerin, haftalar-aylar sonra yapılan damar yolu açılması ve aşılamaya karşı daha güçlü olumsuz tepkilerle ilişkili olduğu bulunmuştur (8).

Kanserli çocuklarda ağrıyı arttıran faktörlerin belirlendiği bir çalışmada, ağrı miktarının ölçülmesinde gelişim dönemlerine göre belirlenmesi gereken yaklaşımlar açıklanmıştır. Çocuklarda ağrıyı artıran faktörler aşağıdaki listede belirtildiği şekilde bulunmuştur:

İç Faktörler

1. Çocuğun anksiyetesi, depresyonu ve korkusu
2. Geçmişte yetersiz tedavi edilmiş ağrı hikayesi
3. Çocuğun kontrol eksikliği
4. Diğer yan etkileri yaşama deneyimi (bulantı, halsizlik ve dispne)
5. Çocuğun durumu olumsuz anlaması

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Ađrı endiřesi duyan çocuđun tedaviye ikna edilmesini takiben, anestezi getirmeyen diřlere flor uygulanması gibi basit koruyucu uygulamalarla çocuđun klinik ortamına aliřması, gerekli grlen ileri tedavilerde etkili lokal anestezi yn-temleri ile ađrısız bir diř tedavisinin sađlanması, diđer seans tedaviye hevesle gelen bir ocuk hastaya ulařmak iin en dođru yaklařım olacaktır.

Farmakolojik olmayan davranıř ynlendirme tekniklerinin bazı ocuk hastalarda etkili olmadığı grlmektedir. Ađrı, iđne, kanama ile ilgili korku ve endiřenin ortadan kaldırılamadığı hastalarda, ok kk yařta veya engelli olması sebebiyle kooperasyon kurulamayan ocuklarda farmakolojik ajanlar kullanarak sedasyon veya genel anestezi teknikleri yardımıyla diř tedavilerinin yapılması mmkn olmaktadır.

Anahtar Kelimeler: Ađrı ynetimi, ocuk, diřsel ađrı algısı

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