

BÖLÜM 4

KANSER AĞRILI HASTADA DEĞERLENDİRME VE ÖLÇME

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ÖZET

Kanser hastalarında ağrı ile birlikte yaşam kalitesi de bozulmaktadır. Her ağrının kansere bağlanmaması ve nedeninin tam olarak araştırılması gerekmektedir. Kanser hastalarında ağrının görülme sıklığı ve şiddeti hastalığın evresi, yeri ve metastaz bölgesi gibi birçok faktöre bağlıdır.

Kanser ağrısına yaklaşım, sistemik bir klinik görüşme ile başlar ve ağrı şikâyetine katkıda bulunan faktörleri ve mekanizmaları ana hatlarıyla belirten klinik olarak ilgili bir tanı ile sona erer. Kapsamlı bir değerlendirme, klinisyenin terapötik müdahaleyi kararlaştırmak ve hastanın ve/veya ailenin uzun vadeli hedeflerini belirlemek için bir temel elde etmesine olanak sağlayacaktır.

Kanser hastasının kapsamlı bakımı için disiplinler arası iş birliği esastır ve çok boyutlu bir strateji gereklidir. Hem altta yatan hastalığın ve ağrının hem de diğer yandaş hastalıkların ele alınması önemlidir.

Sağlıkta yaşam kalitesi tek bir sayı (indeks) veya bir profil ölçekler ile ölçülebilir. Sağlıkta parametreler, mortalite ve morbidite, tedavilere yanıt, işlevsellik ve yaşam kalitesidir. Küratif tedavilerde daha çok patofizyolojik özellikler ön plana çıkmaktadır. Ancak palyatif tedavilerde semptom yönetimi ön plana çıkmaktadır. Hastanın yaşam kalitesine yönelik yaklaşımlar, beklentilerinin karşılanmasını, yaşamın diğer alanlarına entegre olmasını ve sağlık hizmetine uyumunu sağlayacaktır.

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Tablo 7. Kanser ağrısı tedavisiyle gelişebilecek genel komplikasyonları değerlendiren ölçekler

	İlaç kötüye kullanımı	Gastrointestinal semptomlar	Kognitif alan	Kaşıntı	Genitoüriner semptomlar	Diğer
PADT	+	bulantı, kusma, kabızlık	zihinsel bulanıklık, sersemlik	+		terleme, halsizlik
NOSE Assessment Tool		bulantı, kusma, kabızlık, ağız kuruluğu, karında kramp/şişkinlik	konsantrasyon güçlüğü, uyku hali, halüsinasyon, sersemlik	+	seksüel fonksiyon/ istek, üriner retansiyon	iştahsızlık, halsizlik, baş ağrısı/dönmesi

PADT: The Patient Assessment and Documentation Tool

NOSE: The Numerical Opioid Side Effects Assessment Tool

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