

KANSER AĞRISI YÖNETİMİNDE TAMAMLAYICI TEDAVİLER

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ÖZET

Kanser ağrısı, kanserin en sık görülen ve rahatsız edici semptomlarından biridir. Uluslararası bir sağlık problemi olarak bilinen kanser ağrısının yönetimi son derece önemlidir. Kanser hastaları ağrı yönetiminde tamamlayıcı tedavileri sıklıkla kullanmaktadır. Tamamlayıcı tedaviler tıbbi tedaviye ek olarak destek amacıyla uygulanmaktadır. Hasta ve ailesinin eğitimi, bilişsel davranışsal terapiler, masaj, reiki, yoga, akupunktur, hipnoz gibi yöntemler tamamlayıcı tedaviler arasında en sık bilinenlerdir. Yapılan pek çok çalışma, multidisipliner bir ağrı yönetimi planına eğitim, masaj, müzik, hipnoz, akupunktur ve bilişsel davranışsal terapilerin dâhil edilmesini desteklemektedir. Bu yöntemleri uygularken sağlık ekibi üyeleri, hastaların ağrı yönetiminde kullandıkları tamamlayıcı yaklaşımların ne olduğunu, hangi sıklık ve süre ile kullanıldığını, ne kadar süre devam etmesi gerektiğini ve etkileyen faktörleri bilmesi son derece önemlidir. Bu bölümde sıklıkla kullanılan, etkili sonuçları kanıt temelli çalışmalarla desteklenen ve tıbbi tedavilerle birlikte kullanıldığında kanser ağrı yönetimine olumlu etki sağladığı bildirilen tamamlayıcı yaklaşımlar ve çalışma sonuçları ele alınacaktır.

GENEL BAKIŞ

Kanser dünyamızda ve ülkemizde giderek artan sıklıkla görülmektedir. Kanser tedavisindeki yeni gelişmeler, yeni tedavi yöntemleri hastaların yaşam sürelerinin uzamasını sağlamıştır. Bu gelişmeler günümüzde ileri evre, hastalık süreci boyunca birçok semptomu deneyimleyen hasta popülasyonunu oluşturmuştur. Bu semptomlardan ağrı, kanserin en sık

ve rahatsız edici semptomlarından biridir ve geçirelemeyen kanser ağrısı uluslararası bir sağlık problemi olarak bilinmektedir. Acil servise yapılan başvuruların önemli bir kısmını kronik ağrı yakınması olan onkoloji hastaları oluşturmaktadır (1,2).

Kanser ağrısını akut veya kronik ağrı şeklinde dir. Akut ağrı çoğu zaman anjiyografi, endoskopi, biyopsi gibi tanı işlemleriyle veya tedavi uygulamaları

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olup olmadığı, yöntemin hasta tarafından nasıl al-
gılandığının bilinmesi çok önemlidir. Aksi takdirde
hasta konvansiyonel tedavilerle birlikte tamamlayıcı
yaklaşımları kullandığını sağlık ekip üyelerine söy-
lememekte ve bu durum da istenmeyen olumsuz
etkilere neden olabilmektedir.

Özetle çalışma sonuçları, kanser hastalarında
ağrıyı tedavi etmek için tamamlayıcı yaklaşımların
kullanılmasına ilişkin cesaret verici kanıtlar sağla-
maktadır. Genel bulgular, multidisipliner bir ağrı
yönetimi planına eğitim, masaj, müzik, hipnoz,
akupunktur ve bilişsel davranışsal terapilerin dâhil
edilmesini desteklemektedir. Klinik uygulamalarda
çeşitli tedavi seçeneklerini değerlendirirken, yalnız-
ca belirli bir tedavi için kanıtın varlığını veya yoklu-
ğunu değil, aynı zamanda kanıtın gücünü (kesinli-
ğini), etki boyutunu ve hastalara yönelik riskleri ve
yükleri de dikkate almamız gerekmektedir.

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