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ÖKSÜRÜK ve BALGAM ÇIKARMA

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ÖĞRENİM HEDEFLERİ

Bu bölüm sonunda okuyucu;

1. Yoğun Bakım Ünitesinde (YBÜ) balgam nedenlerini bilir,
2. YBÜ'de balgam retansiyonunun klinik belirtilerini tanır,
3. Öksürüğü süresine göre sınıflandırır,
4. Karakterine göre balgamı ayırteder,
5. YBÜ'de öksürüğün hasta üzerine etkilerini anlatır,
6. YBÜ'de balgamın hasta üzerine etkilerini farkeder,
7. YBÜ'de spontan solunumu olan hastalarda balgam retansiyonunu çözümlemeye yönelik yapılacak uygulamaları sıralar,
8. YBÜ'de mekanik ventile hastalarda balgam retansiyonunu çözümlemeye yönelik yapılacak uygulamaları sıralar,
9. Aspirasyona gereksinim duyulduğunu gösteren belirtileri tanır.

GİRİŞ

Mukosiliyer hareket ve öksürük refleksi havayollarındaki balgamın temizliğini kolaylaştır. Sağlıklı bireyler günde 10-100 ml balgam üretirler ve bu balgam merkeze doğru olan mukosiliyer hareket ile temizlenir. YBÜ'de; mukosiliyer aktivitenin azaldığı akciğerler hastalıkları, öksürük refleksinin bozulduğu akciğer ve akciğer dışı sorunlar, mekanik ventile hastalarda "cuff"lı trakeostomi tüpünün varlığı, dehidratasyon, hipoksemi, mobilite azlığı ve yeterli nemlendirmenin sağlanamaması gibi birçok durumunda balgam retansiyonu gelişir. Balgam retansiyonu

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