

## BÖLÜM 17

# AKUT ASTIM KRİZİ

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## GİRİŞ

Günümüzde yaş, cinsiyet, toplumsal statü, ülkelerin gelişmişlik düzeyi, çevresel etkenler dahil pek çok değişken dikkate alınarak “en sık nefes darlığı yapan hastalık nedir?” diye sorulduğunda cevap çoğunlukla astımdır. Nedeni anlaşılmadan aniden başlayıp sonlanan nefes darlığı ve öksürükten hayatı tehdit eden solunum yetmezliğine kadar farklı şiddette karşımıza çıkabilmektedir. Dünya genelinde milyonlarca insanı etkilemekte, etkilenen kişilerin günlük yaşam aktivitelerini bozarak üretkenliklerini engellemektedir. Tanı ve tedavisindeki ilerlemelere rağmen patofizyolojisi, genetik altyapısı, akut atak tedavisinden idame tedavisine kadar pek çok çalışma devam etmekte ve kılavuzlar güncellenmektedir. Bütün bu nedenler astımın bir halk sağlığı sorunu olarak karşımıza çıkmasına neden olur (1-3).

## TANIM

Astımın genel kabul görmüş tek bir tanımı yoktur. Bunda etiyolojisinde etkili faktörlerin çeşitliliği önemli bir etkidir. Astım hakkında yapılan araştırmalarda farklı epidemiyolojik ve klinik tanımlamalar ulaşılan sonuçların birbirleri ile karşılaştırılmasını güçleştirmektedir (1). Astım nefes darlığı ve öksürük, özellikle ekspiratuar hava akımının kısıtlanması nedeni ile duyulan hışıltılı (wheezing) solunum, göğüste ağrı ve sıkışıklık hissi ile çoğunlukla birlikte. Astım hava yollarının aşırı duyarlılığı ile pek çok mediatör ve hücrenin katılımıyla oluşan ilerleyici kronik hava yolu inflamasyonunun eşlik ettiği bir sendrom olarak tanımlanır (4). Akut astım krizi ise hastanın nefes darlığı, öksürük, hırıltı veya göğüste baskı hissinin aniden ortaya çıkması ya da bu semptomların şiddetlenmesi, hastanın kli-

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