

BÖLÜM 14 ◀

ORAL KRİYOTERAPİ - HİDROTERAPİ VE HEMŞİRENİN ROLÜ

Pınar UZUNKAYA ÖZTOPRAK¹

KRİYOTERAPİ

Kriyoterapi, Grekçe'den köken alan bir kelimedir. Grek dilinde, 'Cryos' soğuk anlamına gelmektedir. Kriyoterapi ise; '*Dokuların tedavi amacıyla veya profilaktik olarak soğultulması*' olarak tanımlanmaktadır. Bununla birlikte, kriyoterapi, soğuk uygulama yapmaktan ziyade, dokulardaki ısısının uzaklaştırılmasını ve dokuların ısısının azaltılmasını hedeflemektedir (1).

Kriyoterapi, son yıllarda giderek kullanım alanı genişleyen ve kullanımına ilgi artan tamamlayıcı ve alternatif tedavilerdendir. Bununla birlikte kriyoterapinin yüzyıllardır tedavi amaçlı kullanıldığı bilinmektedir (2). Edwin Smith Papirüsü (M.Ö. 3500), kriyoterapinin travma sonucu yaralanmış 48 bireye uygulandığını gösteren en eski tıbbi kaynaktır. Mısırlılar, M.Ö. 2500 yılında kriyoterapiyi dokulardaki ağrı ve ödemi azaltmak, inflamasyonu tedavi etmek amacıyla uygulamıştır. M.Ö. 5. yy'da ise, Antik Yunanlarda Hipokrat'ın yumuşak dokularda ağrı ve rahatsızlığı gidermek amacıyla, kar ve buzu kullanan ilk hekim olduğu bilinmektedir. 19. yy'da, Birleşik Krallıkta baş, diş ve boyun ağrılarında kullanılmıştır (2-5).

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