

APİTERAPİ VE HEMŞİRENİN ROLÜ

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GİRİŞ

Antik çağlardan bu yana farklı medeniyetler tarafından çeşitli hastalıkları tedavi etmek için arılar ve arı ürünleri kullanılmaktadır. Arı ürünleri çok çeşitli başlıklar altında incelense de en bilinenleri bal, propolis, arı sütü, arı ekmeği, arı zehri, arı poleni, balmumu ve apilarnil olarak belirtilmektedir (1). Farklı türden hastalıkları önlemek ve tedavi etmek için doğal ürünlerin kullanılması son zamanlarda önem kazanmıştır. Bu durum, arı ürünlerine olan ilginin artmasını ve apiterapi kullanımının yaygınlaşmasını hızlandırmıştır (2).

Apiterapi, hastalıkları önlemek veya ilerlemelerini durdurmak için terapötik/profilaktik ajanlar olan arı ve arı ürünleri ile yapılan tedavidir (3). Apiterapi yöntemleri birçok ülkede Geleneksel Tamamlayıcı ve Alternatif Tıp (GETAT) uygulamalarının bir parçası olarak sağlık hizmetlerine entegre şekilde uygulanmaktadır. Arı ürünleri içerdiği besin öğeleri sayesinde besin ve diyet takviyesi olarak da tüketilmektedir (4). Son yıllarda arı ürünlerinin etkinliğinin

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SONUÇ

GETAT yöntemleri, uygun hastalarda kullanıldığında tedaviyi destekleyen ve faydalı sonuçları olduğu kanıtlanan uygulamalardır. Hemşirelerin bir GETAT yöntemi olan apiterapi konusunda yeterli ve doğru bilgiye sahip olması oldukça önemlidir. Hastalara nitelikli bakımın sunulmasında görevli olan hemşirelerin bu tür yöntemleri hemşirelik uygulamalarına dahil etmesi bakım kalitesini arttıracaktır. Ayrıca hemşirelerin tüm arı ürünlerine yönelik bilgi ve farkındalığını arttıracak girişimler uygulanmalıdır. Hemşirelik ve sağlık bilimleri fakültelerinde öğrenci hemşirelerinin eğitim süreçlerinde, apiterapi konusunda bilgilendirilmesi önemlidir. Apiterapi ve diğer GETAT yöntemlerinin rutin hemşirelik uygulamalarına dahil edilmesi ve tüm sağlık çalışanlarının apiterapi ile ilgili bilgi ve becerilerinin arttırılması için kanıta dayalı uygulamalarla desteklenen araştırmaların yapılmasının faydalı olacağı düşünülmektedir.

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