

# BÖLÜM 17 ◀

## TAI CHI VE HEMŞİRENİN ROLÜ

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### GİRİŞ

Kadim bir bilgelik olarak ifade edilen Tai Chi, sağlığı koruma ve geliştirme için en uygun egzersizlerden biri olarak kabul edilmektedir (1). Her yaş grubu için uygun olmakla birlikte daha çok yaşlı bireyler tarafından uygulanmaktadır (2). Tai Chi' nin özellikle kırılğan yaşlı bireylerde düşmeyi önlemede önemli bir Tamamlayıcı ve Alternatif Tedavi (TAT) yaklaşımı olabileceği belirtilmektedir (3).

Tai Chi' nin çeşitli sağlık sorunları üzerindeki etkilerini değerlendiren çalışmalar son yıllarda hızlı bir şekilde artmıştır (3,4,5). Tai Chi hem doğu hem de batı kültürlerinde giderek artan bir ilgi görmektedir (2). 2000' li yıllarda popüler hale gelen Tai Chi üzerine bilimsel çalışmalar yapan çok sayıda ülke olmasına rağmen, hala bu konuda en çok bilimsel çalışma yapan ülke Çin' dir. Çin' den sonra bu konu üzerine en çok bilimsel çalışma yapan ülke Amerika Birleşik Devletleri (ABD)' dir ve bunu Avustralya, Kanada, Birleşik Krallık ve Güney Kore takip etmektedir (4,5).

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uyarmalıdırlar. Önemli teorik kavramların yanlış anlaşılması ve aşırı zorlama gibi istenmeyen sonuçlara yol açabileceği veya bir yaralanmayla sonuçlanabileceği konusunda bireyleri bilgilendirmelidirler (15).

Hemşirelerin Tai Chi gibi TAT konularında doğru ve etkin uygulamalar yapabilmesi için eğitim, kurs ve kongrelerle bu konulara ağırlık verilmesi, bilgi ve farkındalığının arttırılması gerektiği önerilmektedir (28,63).

## SONUÇ

Bir Çin atasözüne göre; “Günde iki kez Tai Chi Chuan yapan kimse bir çocuğun esnekliğine, bir demircinin gücüne ve bir bilginin ruhuna sahip olur.” (64). Sonuç olarak sağlığı koruma ve geliştirmede etkili bir zihin-beden egzersizi olan Tai Chi, hemşireler tarafından primer, sekonder ve tersiyer koruma amacıyla çeşitli sağlık sorunları olan kişiler için tamamlayıcı, güvenli, etkili ve eğlenceli bir egzersiz olarak önerilebilir (12).

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