

BÖLÜM 19 ◀

TRANSKÜTAN ELEKTRİKSEL SİNİR STİMÜLASYONU (TENS) VE HEMŞİRENİN ROLÜ

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1. GİRİŞ

Ağrı önemli bir sağlık sorunu olup, genellikle yoğun veya zararlı duyuların neden olduğu acı verici bir duygudur. Hafifletilmesi temel bir hak olan ağrı, gerçek veya potansiyel doku yaralanmasıyla ilişkili veya bununla sembolize edilen rahatsız edici bir duygu olarak tanımlanmaktadır (1). Birçok tıbbi durumun ana semptomu olan ağrı tıbbi konsültasyonlar, tedaviler ve işten kaybedilen zaman açısından finansal olarak pahalı olup, bireyin yaşam kalitesini olumsuz etkileyebilir (2).

Ağrı, sağlık sektöründe dikkat edilmesi gereken küresel bir sağlık sorundur. Ağrı ve tedavisi sağlık hizmetlerinde merkezi bir yere sahiptir. Bir acil serviste bakım arayan kişilerin, zamanın yaklaşık %70'inin ağrı yaşadıklarını bildirdikleri tahmin edilmektedir. Hastanede yatan hastaların %50'si ağrı bildirirken, %35'i ağrıyı şiddetli olarak değerlendirmektedir. Kanser ağrısı ve yaşam sonu bakımı da dahil olmak üzere her türlü kronik ağrının uygunsuz tedavisi, cerrahi bölümlerde ve acil servislerde yaygındır. Ağrı tedavisi tam bir uzmanlık alanı olarak kabul edilmelidir (2). Breivik ve ark. (2006)'nın çalışmasında kronik ağrı ile yaşayan insanların yaklaşık %40'ı yetersiz ağrı yönetimi olduğunu ve %60'tan fazlası ilaçların ağrıyı yeterince kontrol etmediğini bildirmişlerdir (3).

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rağmen TENS uygulamasında hemşirelerin rolü ile ilgili çok az çalışma yapılmıştır. Farmakolojik olmayan analjezi uygulamaların geliştirilmesinde hemşirelerin yol gösterici rollerinin daha detaylı ele alınması gelecekteki çalışmalara yol göstereceği düşünülmektedir.

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