BÖLÜM 7

Sepsis

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Giriş

Sepsis, enfeksiyona karşı düzensiz bir konak yanıtının neden olduğu, hayatı tehdit eden organ disfonksiyonudur (1). Septik şok ve sepsis, her yıl dünyada milyonlarca insanı etkiler ve etkilediği kişilerin üçte biri ile altıda birinin ölümüne neden olan önemli bir sağlık sorunlarıdır (2). Erken teşhis ve enfeksiyondan sonraki ilk saatlerde uygun yönetim sonuçları iyileştirir (3).

Bu bölümdeki tavsiyeler, hastane ortamında septik şoklu veya sepsisli erişkin hastalara bakan klinisyene rehberlik etmeyi amaçlamaktadır.

Tarama ve Erken Tedavi

Sepsis tarama araçları, sepsisin erken teşhisini desteklemek için tasarlanmıştır ve manuel yöntemlerden veya elektronik sağlık kaydının (EHR) otomatik kullanımından oluşur(4). Sepsis taraması için sistemik inflamatuar yanıt sendromu (SIRS) kriterleri, hayati belirtiler, enfeksiyon belirtileri, hızlı sıralı organ yetmezliği skoru (qSOFA) veya sıralı organ yetmezliği değerlendirmesi (SOFA) kriterleri gibi çeşitli klinik değişkenler ve araçlar kullanılır (5).

Tarama araçları, yatan hasta servisleri, acil servisler veya yoğun bakım üniteleri gibi çeşitli konumlardaki hastaları hedef alabilir (6). Sepsis tarama araçlarının duyarlılık ve özgüllüklerinde geniş farklılıklar olsa da, zamanında müdahale için sepsisi erken tanımlamanın önemli bir bileşenidirler.

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