

# BÖLÜM 6

## PRETERM EYLEM

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### GİRİŞ

Gebelik, yaşamın normal bir evresi olarak kabul edilir. Gebelikte oluşabilecek komplikasyonların annenin ve yenidoğanın sağlığını tehdit etmeden kontrol altına alınabilmesi, ana-çocuk sağlığı hizmetlerinin başarı göstergesidir. Bu hizmetlerde sağlık profesyonellerinin rolü, risk durumlarının gebeliğe getireceği zararları önlemek için riski en erken evrede tanılamak ve alınabilecek tedbirlerle maternal-fetal sağlığı korumak olmalıdır. Sağlık profesyonelleri antenatal dönemde bakım sunarken, risklere ilişkin bilgileri tanımlayabilmeli, değerlendirebilmeli ve uygun yöntemleri planlayabilmelidir (1).

### PRETERM EYLEM

Dünya Sağlık Örgütü'ne (DSÖ) göre 37. gebelik haftasını tanımlamadan veya son adet tarihinden itibaren 259 günü tamamlamadan gerçekleşen doğumlar preterm eylem olarak kabul edilmektedir. Preterm eylem haftalarını DSÖ daha ayrıntılı olarak alt gruplara ayırmıştır; (2,3) (Şekil-1).

### PRETERM EYLEM PATOFİZYOLOJİSİ

Preterm eylem patofizyolojisinde term eylemden farklı olarak dört ana patolojik süreç bulunmaktadır (4). Bunlar;

- Maternal/fetal stres nedeniyle hipotalamus-hipofizer-adrenal aksın erken aktivasyonu,
- İnflamasyon,
- Uteroplasental iskemi,
- Uterusun mekanik gerilmesi.

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