



BÖLÜM 27

BEYİN CERRAHİSİNDE PERİOPERATİF SANAT TERAPİ

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*“Beyin cerrahisi, hastaların uyanık olması sayesinde kendi çalma listelerini seçmenin
sınırsız yararlarını sağlamak için
eşsiz bir fırsata sahiptir.”
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GİRİŞ

Günümüzde beyin ve sinir cerrahisi evrilerek tamamen yeni bir düzeye gelmiş olup, teknolojiye ilerlemeler beyin, spinal kord ve omurga üzerinde kompleks cerrahi operasyonların yapılmasına imkân verecek hale gelmiştir. Beyin cerrahisinin sağladığı olanaklara rağmen perioperatif olarak hastalarda görülen anksiyete, stres, depresyon ve ağrının yönetimi halen problem olmaya devam etmektedir. Bu amaçlarla kullanılan farmakolojik tedaviler bazen yetersiz kalmakta, örneğin analjeziklere rağmen postoperatif ağrının devam ettiği görülmektedir.

Beyine yönelik cerrahi geçirecek olan hastalar geleceğin bilinmezliği ile cerrahinin sonuçlarından duyulan korku ve ameliyata kadar geçen süredeki bekleme nedeniyle yoğun anksiyete ve stres yaşayabilmektedir. Ayrıca bu hastalarda intraoperatif olarak da anksiyete ve ağrı söz konusu olabilmekte, bu da yan etkilerine ve maliyetli olmalarına rağmen sedatif ajanların kullanımını artırmaktadır. Postoperatif dönemde ise hastalarda ağrı, anksiyete ve stres görülebilmektedir. Beyin cerrahisinde, diğer cerrahi türlerinin çoğundan farklı olarak kraniyotomi gibi hastaların cerrahin komutlarını yerine getir-

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minde post-travmatik stres bozukluğu ve depresyonu da önemli ölçüde azaltmaktadır (29).

SONUÇ

Tibbin diğer tüm disiplinleri ile birlikte beyin cerrahisinde de sanat terapi giderek daha yaygın bir şekilde kullanılmaktadır. Beyin cerrahisinde perioperatif sanat terapi kullanımı hastalarda anksiyete, stres ve depresyon düzeylerini düşürmekte, ağrının hafifletilmesine yardımcı olmakta, analjezik ajan kullanımını da azaltarak maliyetlerin azalmasına katkıda bulunmaktadır. Sanat terapi son derece ucuz, ulaşılması kolay ve hemen hiç yan etkisi bulunmayan bir tamamlayıcı tedavi türüdür. Özel olarak müzik yoluyla sanat terapi başlı başına bir disiplin haline gelmiş olup, “cerrahi müzik terapi” ve “müzik tıbbi” terimlerinin ortaya atılmasına neden olmuştur. Teknolojideki yoğun gelişmeler hem tıp hem de sanat dallarında pekçok yeniliğe yol açmakta, inovatif yaklaşımlar tıp ile sanatın daha fazla bütünleşmesini sağlamaktadır. Bu yaklaşım için oldukça geniş araştırma alanları olmakla birlikte, ne yazık ki literatürde bu konuda yapılan çalışmaların sayısı henüz yeterli değildir. Beyin cerrahisi gibi kompleks prosedürlerin uygulandığı bir tıp alanında sanat terapinin kullanımı konusunda yapılacak çalışmalara ihtiyaç vardır.

Beyin cerrahisinde sanat terapi kullanımı gelecekte pekçok yeniliklere açık olup, örneğin kulaklıkla dinletilen müziğin aynı zamanda beyin aktivitelerinin de kaydedildiği giyilebilir teknolojiler, nesnelerin interneti, yapay zekâ ve büyük data uygulamalarıyla etkinliğinin daha da artması beklenmektedir.

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