

6.

Bölüm



HİPNOZ VE AĞRI

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Ağrı; Uluslararası Ağrı Araştırmaları Derneği (IASP) tarafından vücudun bir bölgesinden kaynaklanan gerçek ya da potansiyel doku hasarı ile ilişkili olan veya olmayan bireyin yaşanmışlıkları ile etkileşim halinde duyuşsal ve duyuşsal bir deneyim olarak tanımlanmaktadır. Son zamanlarda acının duyuşsal ve duyuşsal olarak tanımlanan iki boyutu arasındaki etkileşime daha fazla önem verilmektedir. Ağrı tedavisinde hipnoz da dahil alternatif çözüm arayışları ağrı deneyimini bu iki yönden değiştirebilmeyi amaçlamaktadır. Ağrı insanları psikolojik, bilişsel, sosyal ve ruşsal yönlerden etkileyerek acı çekme, işlev bozukluğu, azalan aktivite, kişinin kimlik duyuşsu ve sosyal hayatında değişikliklerle kendini gösterir. Ağrı multifaktoriyel, karmaşık, kolaylıkla ölçülemeyen öznel yapısına rağmen hekime gitme ihtiyacı hissettiren uyarıcı özelliğe sahiptir. Ağrıya dayanıklılığın kişinin kültürel özellikleri, eğitim düzeyi, yaşam biçimi, bulunduğu çevre, cinsiyeti, dili, dini ve birçok diğer inançlarıyla bağlantılı olarak değişmesi ağrı eşiği adı verilen bir durum olarak karşımıza çıkar. Ağrıyı tanımlamak için pekçok sınıflama sistemi kullanılmaktadır. Ağrının karakteri, ne zaman ve nasıl başladığı, sıklığı, şiddeti, etkilediği vücut bölgeleri,

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olduğu düşünüldüğünde; güvenli masrafsız olan bu yöntemin tek başına veya adjuvan tedavi olarak kullanılması önemli avantajlar getirecektir. Farmakolojik ajan kullanımını azalarak oluşturdukları yan etkilerde azalacaktır. Hekim, diş hekimi ve psikologların hipnoz bilgisinin artırılması özellikle onkolojik problemlili hastaların ve tüm ağrıya maruz kalan hastaların semptomlarında azaltma sağlayabilir.

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