

GASTROİNTESTİNAL ENDOSKOPİYE (ENDOSKOPİ, KOLONOSKOPİ) HAZIRLIK

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GİRİŞ

Gastrointestinal endoskopi; tanı, tedavi ve tarama amaçlı yaygın bir şekilde kullanılmaktadır. Gastrointestinal endoskopi ile ilişkili olarak kanama, perforasyon, enfeksiyon (aspirasyon pnömonisi, bakteriyemi, endokardit), hipoksi, hipotansiyon, aritmi gibi olumsuz olaylar görülebilmektedir. Obezite, hipertansiyon, diyabet, koroner arter hastalığı, yüksek Amerikan Anesteziyologlar Derneği (ASA) skoru, ileri yaş (65 yaş ve üstü), genel anestezi uygulanması periendoskopik kardiyopulmoner olumsuz olay riskini artırmaktadır (1-4). Gastrointestinal endoskopi planlamadan önce risk faktörleri açısından dikkatli olunmalıdır. Olası riskleri en aza indirmek için gastrointestinal endoskopiye hazırlık sürecinde ayrıntılı değerlendirilme yapılmalıdır. Bu hazırlık esnasındaki aşamalar aşağıda maddeler halinde anlatılmıştır.

BİLGİLENDİRİLMİŞ ONAM

Gastrointestinal endoskopi öncesi, hastaya yapılacak işlem hakkında yeterli bilgilendirme yapılmalıdır. Mevcut işlemin yapılma endikasyonu, olası riskler, faydalar, potansiyel komplikasyonlar, alternatifler konusunda hasta bilgilendirilmelidir

(5). Hastalar aynı zamanda işlem sırasında yapılabilecek müdahaleler hakkında bilgilendirilmelidir. Entübasyon, resüsitasyon, hospitalizasyon ve kan transfüzyonu gibi potansiyel durumlara ilişkin bilgilendirme yapılmalıdır. Hastaya daha sık görülen ve en ciddi olumsuz olaylar uygun bir şekilde anlatılmalıdır. Gastrointestinal endoskopi hakkında yeterli bilgilendirme yapıldıktan sonra onam formu, işlem öncesi hasta tarafından imzalanmalıdır. Amerikan Gastrointestinal Endoskopi Derneği (ASGE) önerisine göre; bilgilendirilmiş onam formu işlemin endikasyonları, riskleri, faydaları ve alternatifleri konusunda bilgi sahibi olan, hasta ile iletişim kurabilen gastrointestinal ekibin herhangi bir üyesi tarafından hastaya imzalatılabilir (6). Hastalara işlem hakkında bilgilendirici formlar verilebilir veya mail olarak gönderilebilir. Bu formlarda yapılacak işlem basit bir şekilde anlatılmalıdır, işlem öncesi yapılması gereken hazırlıklar, işlem günü ve işlem sonrası neler yapılacağı, riskler, acil durumlarda ulaşılacak telefon numarası yer almalıdır (7). Gastrointestinal endoskopiden önce, muhakkak bilgilendirme yapılmış olmalı ve onam dokümanite edilmelidir.

Endoskopi için bilgilendirilmiş onam formu kurumlar arasında değişkenlik göstermektedir. Yapılan bir çalışmada kolonoskopi için bilgilendi-

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