

ZEHİRLENMELERDE EKSTRAKORPOREAL TEDAVİ YAKLAŞIMLARI

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Giriş

Ekstrakorporeal tedaviler (EKT), endojen veya ekzojen toksinlerin vücuttan uzaklaştırılması esnasındaki bir tedavi yöntemidir.(1) Konvansiyonel tedavilere cevap vermeyen uygun intoksikasyon vakalarında mortalite ve morbiditenin önlenmesinde önemli rol alır.EKT uygulamalarına molekül ağırlığı, endojen klirensi ve dağılım hacmi düşük olan ve proteine az bağlanan toksinler daha uygundur.

EKT yöntemleri invaziv işlemlerdir ve komplikasyon riski vardır. EKT uygulanması düşünülen vakalarda yarar ve risk oranı değerlendirilerek uygulama kararı verilmelidir. Hasta için en uygun EKT yöntemi maruz kalınan toksinin özellikleri, hastanın medikal öykü ve klinik durumu dikkate alınarak belirlenir. Olası komplikasyonları en aza indirmek için vakanın EKT'ye uygunluk kararının doğru verilmesi ve uygulanacak yöntemin doğru seçilmesi gerekir. Tedaviyi uygulayacak sağlık personelinin EKT yöntemleri ve toksinle ilgili yeterli bilgi sahibi olması tedavi başarısını arttıracak öğelerdir.

Hastanın EKT İhtiyacının Değerlendirilmesi;

Zehirlenme hastasında ilk olarak havayolu, solunum ve dolaşım sistemi değerlendirilir. Sonrasında aktif kömür gibi gastrointestinal dekontaminasyon ve üriner alkalinizasyon gibi eliminasyonu artırma yöntemlerine ihtiyacı belirlenir. Eş zamanlı olarak semptomatik tedavi, volüm replasmanı, aritmi gibi komplikasyonların tedavisi hastanın ihtiyacına göre eklenebilir. Hasta hızlı şekilde stabil hale getirilip EKT ihtiyacı ve uygunluğu açısından değerlendirilmelidir.

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