

BÖLÜM 2

ENDODONTİK TEDAVİLERDE DENTAL ANKSİYETE

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GİRİŞ

Korku ve kaygı, diş hekimliğinde sıklıkla karşılaşılan ve çözümü oldukça zor olan problemler arasındadır. Her ne kadar zaman zaman birbirlerinin yerine kullanılsalar da, aslında farklı kavramlardır. Korku, bilinen ve somut bir tehlikeye karşı duyulan subjektif bir duygudur; kişinin mevcut tehditlere karşı verdiği doğal bir tepki olarak tanımlanmaktadır. Kaygı (anksiyete) ise, genellikle kişilik bütünlüğünün tehdit altında olduğu durumlarla ilişkilidir ve korkunun daha genel, belirsiz ve bilinmeyen bir biçimidir (1).

Dental anksiyete, genellikle geçmişteki olumsuz diş tedavisi deneyimlerine karşı bir reaksiyon olarak ortaya çıkmaktadır (2, 3). Modern diş hekimliği alanında kaydedilen teknolojik gelişmelere rağmen, diş tedavisi ile ilgili endişe ve korku toplumda hala devam etmektedir (4).

Travmatik dental deneyimler, kişilik özellikleri, cinsiyet, yaş, eğitim seviyeleri hastaların dental anksiyete seviyesini etkilemektedir (5, 6). Diş hekimine başvuracak hastalarda işlem esnasında ağrı yaşama olasılığı konusunda endişelenmek de dental kaygının oluşmasına önemli ölçüde etki etmektedir (7). Kanal tedavisi gibi endodontik tedaviler, algılanan ağrı, rahatsızlık ve sonuçla ilgili belirsizlik gibi faktörler nedeniyle sıklıkla korku ve endişeyle ilişkilendirilmektedir (8).

Dental anksiyetenin birçok etiyolojik faktörü olduğu için, tedavisi için tek bir yöntem yoktur. Dental anksiyetenin azaltılması amacıyla çeşitli psikoterapi yaklaşımları, farmakolojik müdahaleler ya da bunların kombinasyonu uygulanmaktadır (9).

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rica, farmakolojik yaklaşımlar da psikolojik müdahaleye yeterli yanıt vermeyen olgularda güvenli ve etkili alternatifler olarak değerlendirilmektedir. Tüm bu yöntemlerin bireyselleştirilmiş şekilde uygulanması, dental anksiyetenin yönetilmesinde çok yönlü ve kanıta dayalı bir yaklaşım sunmakta, böylece modern endodonti pratiğinin başarı oranlarını arttırabilmektedir.

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