BÖLÜM 18

EKG ÇEKİMİ VE YORUMLAMA: İSKEMİ VE ARİTMİLER

Tuba ŞAFAK [1]

GİRİŞ

Elektrokardiyografi (EKG), kalbin elektriksel aktivitesini kaydetme ve değerlendirmeye yönelik temel bir diagnostik araçtır. EKG, kalp kasının her bir kasılmasını oluşturan elektriksel impulsları gösterirken, özellikle iskemik olayların ve aritmilerin tanısında kritik öneme sahiptir. Modern tıpta, EKG'nin yetkin yorumlanması, kardiyovasküler hastalıkların erken teşhisi ve yönetimi açısından vazgeçilmezdir. EKG'nin temel prensipleri, kalp kasını etkileyen elektriksel aktiviteleri etkili bir şekilde tespit etmek için kullanılan elektrot yerleşimine dayanmaktadır. Bu sistem, kalbin elektriksel iletim sisteminin detaylı bir haritasını sunarak, kardiyak ritim bozukluklarını ve iskemik durumları teşhis etmeye yardımcı olur (1,2).

Kalp iskemisi, kalp kasına yeterince kan gitmemesi durumunun sonucunda ortaya çıkar ve çoğu zaman koroner arter hastalığıyla ilişkilendirilir. Bu durum, kalp kasının oksijen ve besin maddelerine olan ihtiyacının karşılanamaması anlamına gelir. EKG, iskemik değişikliklerin belirlenmesinde hayati bir rol oynamaktadır. Özellikle ST segmentinde yükselme veya düşme, T dalgası inversiyonu gibi bulgular, iskemik durumların varlığını işaret edebilir. Diğer yandan, aritmiler, kalbin elektriksel iletiminde meydana gelen bozukluklar olarak tanımlanır ve bu da kalp atışlarının düzensizleşmesine yol açabilir. EKG, atriyal fibrilasyon (AF), ventriküler taşikardi (VT) veya bradikardi gibi durumların tanımlanmasında bilgi sağlar (3-6). Ayrıca bazı elektrolit bozuklukları, EKG'de oluşturdukları karakteristik değişiklikler sayesinde, tanı sürecinde önemli ipuçları sağlayarak erken saptanmalarına olanak tanır.

EKG, acil serviste kardiyovasküler hastalıkların hızlı tanısı ve etkin yönetimi açısından kritik bir tanısal tetkiktir. Akut koroner sendrom (AKS) şüphesi bulunan hastalarda, EKG'nin hastane başvurusunu takiben ilk 10 dakika içerisinde uygulanması ve değerlendirilmesi, uluslararası kılavuzlar tarafından güçlü bir öneri olarak belirtilmiştir. Bu süre-

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Şekiller yazarın kendi arşivindendir.