

YANIK BAKIMI, PANSUMAN, DEBRİDMAN VE ACİL ESKAROTOMİ İLKELERİ

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1. GİRİŞ

Yanıklar; termal, kimyasal, elektriksel ve radyasyon gibi çeşitli fiziksel etkenlere maruz kalma sonucu oluşan, doku hasarıyla seyreden ciddi yaralanmalardır. Derinlik ve yaygınlığa bağlı olarak ciltte kalıcı izler bırakabilir, vücudun iyileşme kapasitesini zorlayarak metabolik dengesizliklere yol açabilir (1). Yanıklara acil serviste yaklaşım, hem hastalara hızlı ve etkili müdahale etmek hem de yanıkların yüksek morbidite ve mortalite oranları nedeniyle kritik öneme sahiptir. Yanıklar, dünya genelinde yaygın bir travma türü olup, trafik kazaları, düşmeler ve kişilerarası şiddetin ardından dördüncü sırada gelmektedir (2).

Yanık yaralanmaları, Amerika Birleşik Devletleri'nde her yıl yaklaşık 398.000 yanığın veya yanıkla ilişkili travma vakası ve 252.000 sıcak cisim teması sonucu gelişen yaralanma ile acil servis başvurularının önemli bir nedenini oluşturmaktadır (3). Hastalık Kontrol ve Önleme Merkezi (Centers of Disease Control and Prevention, CDC) ve Amerikan Yanık Derneği (American Burn Association, ABA) verilerine göre, her yıl yaklaşık 29.165 yanık hastası hastaneye yatırılmakta olup, bu hastaların %4,4'ü cerrahi müdahale ve uzun süreli mekanik ventilasyon gerektiren ciddi vakaları oluşturmaktadır. Bu hastalarda ölüm oranı %17,8 gibi yüksek seviyelere ulaşabilmektedir(3). Yanıklar yalnızca deriyle sınırlı kalmayıp sistemik etkiler de oluşturabildiğinden, acil serviste hızlı bir şekilde değerlendirilmesi ve uygun tedavi protokollerinin uygulanması, mortalitenin azaltılmasında kritik öneme sahiptir.

Ülkemizde yanık tedavi hizmetleri, 2019 yılı Ekim ayında T.C. Sağlık Bakanlığı tarafından yayımlanan “Yanık Tedavi Birimleri Hakkında Yönetmelik” esaslarına göre düzenlenmektedir. Bu yönetmeliğe göre, Yanık Merkezi, diğer sağlık birimlerinden bağımsız olarak konumlandırılmış, gelişmiş tıbbi imkanlarla tüm yanık hastalarının tedavisinin sağlandığı, sterilizasyon koşullarının eksiksiz uygulandığı ve giriş-çıkışların denetim altında tutulduğu en kapsamlı tedavi alanı olarak tanımlanmıştır (4).

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