2.5 HEPATİK ENSEFALOPATİ

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1. TANIM

Hepatik ensefalopati (HE), diğer serebral hastalıkların dışlandığı, karaciğer hastalığına bağlı gelişen nöropsikiyatrik bozukluklar spektrumunu kapsar. Bu spektrumda kişilik değişiklikleri, bozulmuş bilişsel fonksiyonlar, tremor, hiperventilasyon, asteriksis, hiperaktif refleksler gibi motor bozukluklar ve bilinç değişiklikleri yer alır.

Hepatik ensefalopati farklı şekillerde sınıflanabilir. Konsensus raporlarına göre altta yatan nedene göre HE, akut karaciğer yetmezliği ile ilişkili Tip A, karaciğer hastalığı olmadan portosistemik şant veya baypas ilişkili Tip B ve kronik karaciğer hastalığı ilişkili Tip C olmak üzere 3 sınıfa ayrılır (1-3). Hastalığın şiddeti açısından ise HE gizli/minör (covert) HE (nöropsikolojik ve/veya nörofizyolojik testlerde anormallikler olmasına rağmen az veya hiç semptom göstermeyen) veya belirgin/şiddetli HE (overt) (West Haven kriterlerine göre II. derece veya üzeri) olarak tanımlanır (International Society for Hepatic Encephalopathy and Nitrogen Metobolism (ISHEN) kriterleri) (11 – 4).

Minör HE, şiddetli HE prognozunu belirlediği gibi kendisi de uyku-uyanıklık döngüsünde bozulma, konsantrasyon bozukluğu, yakın hafıza kaybı gibi yaşam kalitesinde önemli derecede azalmaya neden olan semptomlarla seyreder.

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Tablo 2.5.3 HE yönetimi: Tanı ve tedavide önemli noktalar.

	Klinik HE şüphesi	
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Semptomlar	Belirtiler	Ayırıcı tanı
Yakın hafıza kaybı	Asteriks	Enfeksiyonlar
Konfüzyon	Hipertoni	Intrakraniyal hemoraji
Uyku-uyanıklık döngüsünde bozulma	Bilinç değişiklikleri	Serebral hipoperfüzyon (strok, MI)
Kişilik değişiklikleri	Koma	Intoksikasyonlar
	↓	
	Şiddetli HE	
	↓	
Tetikleyici faktörler	Görüntüleme/tetkik	Medikal tedavi
Enfeksiyonlar	BT	Laktüloz
GİS kanaması	MRI	2-3 barsak hareketi/gün
Dehidratasyon	Serum amonyak düzeyi	Yanıt + ise HE için tanısal
Diüretik doz aşımı	EEG	
Elektrolit bozuklukları		
Konstipasyon		
Sedatif ajanlar		
	↓	
	Rekürren/persistan HE	
	↓	
	Rifaksimin	
	↓	
	Rekürrens +	
	↓	
MELD> 15	LOLA	>8 mm portosistemik şant
KC TX		Embolizasyon

HE: Hepatik ensefalopati, MI: miyokard enfarktüsü, BT: bilgisayarlı tomografi, MRI: Manyetik rezonan görüntüleme, EEG: Elektroensefalografi, MELD: Model for end stage liver disease score, LOLA: L-Ornitin-L-Aspartat. KC TX: Karaciğer transplantasyonu.

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