

BÖLÜM 30

COVID-19 PANDEMİSİ SÜRECİNDE ASTIM VE KOAH HASTASININ YÖNETİMİ

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GİRİŞ

Yeni Koronavirüs Hastalığı 2019 (COVID-19), klinik ve epidemiyolojik özellikleri ile acil ve çok ciddi bulaşıcı hastalıktır. COVID-19 vakalarının %15-20'sinde solunum desteğine ihtiyaç duyulmakta ve ağır hipoksemi ile sonuçlanan solunum semptomları ön plana çıkabilmektedir. Salgının yoğunlaştığı bölgelerde, solunum sıkıntılı hastalardaki artış, yoğun bakım ünitelerine (YBÜ) önemli ölçüde yük bindirmiştir (1). Astım ve KOAH, bireye, ailelerine ve toplum üzerine önemli yük oluşturan günlük yaşamın kısıtlanmasına neden olan yaygın ve kronik hastalıklardır. Bazen acil sağlık bakımı gerektiren ve ölümcül olabilecek solunum sıkıntısına neden olabilirler.

Mevcut COVID-19 salgını hem hastalara hem de sağlık hizmeti sunucularına daha önce bilinen ve standardize edilmiş bazı tıbbi uygulamaları gözden geçirmeyi zorunlu kılmıştır. Birçok durumda bu, hastaları şahsen görmek yerine internet ortamı veya telefon gibi elektronik yöntemlerle görüşme seçeneklerini gündeme getirmiştir. Ancak astım gibi gün içi değişkenlikler

gösteren ve dahası alevlenmeleri ciddi sağlık bakımı gerektiren kimi hastalıklarda bu yeni yöntemlerin kullanılabilmesi sınırlı olmaktadır.

ASTIM HASTASININ YÖNETİMİ

SARS CoV-2'nin solunum yolu damlacıkları ile yayılma yeteneği hakkında daha fazla bilgi edindikçe, virüsün aerosolizasyonunu azaltmak için astım hastalığında tedavi stratejileri geliştirmek zorunluluğu ortaya çıktı. Global Initiative For Asthma (GINA) 2020 Astım Yönetimi Rehberi'nde, COVID-19 Pandemisi ayrı bir başlık altında değerlendirildi (2). Rehberde özetle, önceki sağlık hizmeti sunum alışkanlıkların yerine daha çok hastanın evde kendisinin sorumluluk alarak hastalığın yönetimi ve bu yönde eğitimine odaklanılması önerilmektedir.

COVID-19 NEDENLİ ASTIM ALEVLENMESİ RİSKİ VE CİDDİYETİ

Astım hastaları için genel popülasyona kıyasla COVID-19 enfeksiyonuna yakalanma risk artışı

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