COVID-19 HASTASINDA AĞRI YÖNETİMİ

15. BÖLÜM

Zeynep GÜMÜŞKANAT TABUR[1]

GİRİŞ

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), ß-koronavirus ailesine ait bir RNA virüsü olup, yaptığı Coronavirüs hastalığı 2019 (COVID-19) ile ciddi mortaliteye yol açarak küresel bir pandemiye neden olmuştur. Hastalık, asemptomatik enfeksiyondan hafif üst solunum yolu enfeksiyonu, ağır pnömoni, çoklu organ yetersizliği ve ölümle sonuçlanabilen geniş bir klinik spektruma sahiptir (1). COVID-19 hastalığında, en sık görülen semptomlar; ateş, öksürük, dispne olmasına rağmen baş ağrısı, kas-eklem ağrısı, karın ağrısı da sıklıkla eşlik etmektedir (2). COVID-19'da ağrı; enfeksiyonunun ilk semptomu olabileceği gibi komplikasyonlarına bağlı gelişen sekonder kronik ağrı olarak, geçirilen acil cerrahi sonrası postoperatif ağrı ya da mevcut kronik ağrılı durumların alevlenmesi tabloları ile karşımıza çıkabilir. Uluslararası Ağrı Araştırmaları Teşkilatı (IASP)'e göre ağrı; vücudun herhangi bir yerinden kaynaklanan, gerçek veya olması muhtemel doku hasarına eşlik eden, emosyonel veya sensoriyel hoş olmayan bir duyum ve davranıştır (3). Ağrı, fizyolojik ve psikolojik komponentlerden oluşmaktadır. Pandemi dönemlerinde, sosyal izolasyon, ekonomik stres, hastalığa yakalanma korkusu, anksiyete ve depresyona eğilimi artırarak ağrı yönetimini zorlaştırmaktadır. Bu gibi kriz dönemlerinde; ağrı tedavisinde, farmakolojik ajanların yanında psikososyal ağrı yönetim uygulamalarından da yararlanılmalıdır (4).

Ağrı; başlama zamanına, oluş mekanimasına, etyolojisine, kaynaklandığı bölgeye göre dört alt gruba ayrılabilir (5).

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nevralji, dirençli kompleks bölgesel ağrı sendromu, akut küme baş ağrıları ve diğer inatçı baş ağrıları yarı acil prosedürler arasında olup her vaka ayrı ayrı değerlendirilmeli (39,37).

SONUÇ

Sonuç olarak; pandemi döneminde akut ve kronik ağrı tedavisinde bireylerin fiziksel, mental, psikolojik ve sosyal özellikleri göz önünde bulundurularak bireysel biyopsikososyal yaklaşımla, multimodal tedavi programlarının oluşturulması ağrı ile mücadeleyi kolaylaştırabilir.

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