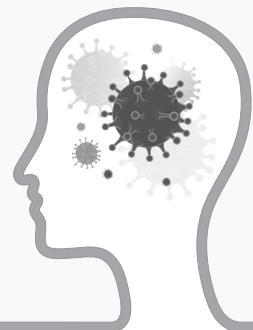


7. Bölüm

İZOLASYON VE KARANTİNANIN RUH SAĞLIĞI ÜZERİNE ETKİLERİ



Eda ASLAN¹

GİRİŞ

Bir süredir dünya gündemini meşgul eden ve bir süre daha meşgul edecek gibi görünen yeni tip koronavirüsün yol açtığı pandemiye yönelik bilinmezlikler, yüksek bulaşıcılık, hastalanma ve ölüm oranları ile kesin çözüm olabilecek tedavi olmaması sosyal mesafe, izolasyon ve karantina uygulamalarını salgınlı mücadelede kilit nokta haline getirmiştir. Sosyal mesafe, izolasyon ve karantina uygulamaları M.Ö. 300-400'lü yıllarda Hipokrat'ın veba için en etkili korunma yolu olarak tavsiye ettiği bilinmektedir. Binlerce yıl sonra dahi salgınların önlenmesinde en etkin yol olarak görülen bu yöntemler güncel pandemide bulaşın önlenmesi açısından gerek yurt içi gerekse uluslararası toplumsal hareketlerin kısıtlanmasını hedefler ve halk sağlığının korunması açısından en önemli adım olarak ön plana çıkar. Birbirinden farklı tanımlar içeren bu 3 terim, özünde insanların toplumdan izole olmasına sebep olmaktadır, her ne kadar fiziksel sağlık için mutlak surette uygulanması gereğinin altı çizilse de şehirler arası seyahat yasakları, ailelerin birbirini ziyaret edememesi, sosyal desteği azalması, eğitime ara verilmesi, çocukların evde kalmak zorunda olmaları, iş yerlerinin kapatılması sonucu oluşan finansal kriz, 20 yaş altı ve 65 yaş üstüne uygulanan sokağa çıkma yasakları ve bu özgürlük kısıtlığı içerisinde geleceğe dair bilinmezlik bireyler için kaygı sebebi olmuş, bir çok ruhsal problemi de beraberinde getirme riskini ortaya çıkarmıştır.

¹ Dr. Öğr. Üyesi, Mersin Üniversitesi Tıp Fakültesi, Psikiyatri AD., easlan@mersin.edu.tr

kurallarına bağlılık ve uyum göstermesi ile halkın sağlığını korunmasında başarı elde edilir. Sürec içerisindeki kişilerin aktivitelerine nasıl yardımcı olabileceğinin, su, yemek, ilaç gibi temel ihtiyaçların sağlanmasında uygulanacak destekler ile ilgili bilgilendirme, durgunlaşan ekonomi ve finansal kayıplar konusunda halkın desteklenmesi, kesintiye uğrayan eğitim ve öğretimin tefafisinin sağlanması kişilerin kısıtlamalara uyumunu kolaylaştıracaktır. Tüm bunları yaparken diğer yandan da toplumdaki kırılgan grupların belirlenmesi, temel gereksinimler noktasında desteklenmeleri ve başta hassas gruplar olmak üzere toplumun tüm kesimlerine koruyucu ve tedavi edici ruh sağlığı hizmetlerinin ulaştırılması pandemi ve sonrası dönemde son derece önemlidir.

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