

10. Bölüm

PANDEMİ SÜRECİNDE SAĞLIK ÇALIŞANLARININ RUH SAĞLIĞI



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GİRİŞ

Geçtiğimiz yüzyılda teknoloji alanında yaşanan olağanüstü hızlı gelişmeler, ulaşım teknolojisini de etkiledi ve insanların, dünyanın bir noktasından diğerine erişimini son derece kolay hale getirdi. Bu gelişme sosyal ve ekonomik yönden pek çok olumlu yöne sahip olsa da, bulaşıcı hastalıkların ilk ortaya çıktıkları yerden kilometrelerce uzaklara, dünyanın çeşitli yerlerine taşınmasına ve bunun sonucunda patojen mikroorganizmanın pandemilere yol açabildiğini görmekteyiz.

Son yüzyılda yaşanan İspanyol Gribi, Asya Gribi, SARS, MERS gibi pandemiler ile halen etkisi altında olduğumuz COVID-19 pandemisine bakınca, artık bu tür salgın hastalıkların hayatımızın bir gerçeği olduğunu kabul etmek kaçınılmazdır. Bir pandemi, gerek bireyler, gerekse toplumlar için sosyal, ekonomik ve psikolojik yönden ciddi zorlukları beraberinde getirir. En ciddi zorlanmalar, sağlık sistemi üzerinde olur. Hızla yayılan ve diğer pek çok hastalığa kıyasla öldürücülüğü yüksek olan bir patojenle savaşmak; klinik özellikleri, bulaş yolları, yönetimi hakkında büyük bilinmezliklerin olması, mevcut etkili tedavi veya aşılardan olmaması tüm toplumlarda yoğun korku ve endişe duygularına yol açar. Bu süreçte sağlık sisteminde yaşanacak aşırı yüklenme, zaten zor olan çalışma şartlarını daha da ağırlaştıracaktır. Pandemi döneminde her ne kadar yayılımın kontrolü, enfeksiyonla mücadele, etkili tedavi ve aşı çalışmalarına odaklanılsa da

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