

# BÖLÜM 14

## Dünya’da ve Türkiye’de COVID-19’un Tedavisi

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### Giriş

Çin’de Aralık ayında bir salgın olarak başlayan ve yeni tip korona virüs 2019 olarak adlandırılan virüs, daha sonra klinik belirtilerde dikkate alınarak, şiddetli akut respiratuar sendromu koronavirüs 2 (SARSCoV-2) olarak adlandırıldı ve dünyaya hızlıca yayıldı. Dünya Sağlık Örgütü (DSÖ) 11 Mart 2020’de bu hastalığı pandemi olarak ilan etti (1). DSÖ’ye göre şu ana kadar yeni tip koronavirüsü tedavi etmek ya da önlemek için herhangi bir spesifik ilaç ya da antiviral tedavi bulunmamaktadır (2). DSÖ yeni tip koronavirüs tanısı, aşılması ve tedavisi için araştırmaları günden güne hızlandırmaktadır (3). COVID-19’un spektrumu subklinik enfeksiyondan hafif, sınırlı solunum yolu hastalığı, şiddetli progresif pnömoni, çoklu organ yetmezliği ve ölüme kadar değişebilir (4). Şu anda mevcut verilerle koronavirüste tedavi asıl olarak destekleyicidir ve belirtileri tedavi ederken solunum yetmezliğini önlemeye çalışmaktan ibarettir.

Günümüzde COVID-19 tanısı olan hastalar için araştırılan farklı ilaçlar bulunmaktadır. Bunların arasında ; remdesivir (Ebola virüs hastalığı ve Marburg virüsü enfeksiyonlarını tedavi etmek için kullanılır), lopinavir ve ritonavir içeren ilaçlar (HIV/AIDS tedavi etmek için kullanılır), klorokin fosfat ya da hidroksiklorokin (sıtmayı tedavi etmek için kullanılır), tocilizumab (romatoid artrit tedavi etmek için kullanılır), kortikosteroidler, kök hücreler ve diğer müdahale tipleri sayılabilir (4),(Tablo 1).

**Tablo 1. COVID-19 Tedavisi İçin Potansiyel Tedavi Seçenekleri**

Anti-enfeksiyöz ajanlar	remdesivir, lopinavir, ritonavir, oseltamivir, favipiravir, umifenovir, klorokin, hidroksiklorokin ve azitromisin
Immünomodulatorler	interferon alfa, interferon beta, nivolumab, tosilizumab, sarilümab, ninolumab, Jak inhibitörleri
Non-spesifik immünomodulatorler	Kortikosteroidler, poliklonal antikorlar, konvalesan plazma, kolşisin, hiperimmün hiperimmunglobulin, kök hücre tedavisi
Destekleyici tedaviler (YBÜ)	Yüksek akımlı oksijen tedavisi, invazif olmayan ventilasyon, koruyucu mekanik ventilasyon ve ekstrakorporeal membran oksijenizasyonu (ECMO).
Genel müdahaleler	Sıvı replasmanı, antikoagulan tedavi, antioksidan tedavi (çinko, selenyum, c vitamini)
Diğer tedaviler	Anjiyotensin Dönüştürücü Enzim 2- reseptörü Kamostat mesilat Nitoksamid Sirolimus Tiazolidinedionlar İndometazin İbuprofen Niklozamid ve Ivermektin Nitrik oksit epoprostenol Diüretik Geleneksel Bitkisel İlaçlar

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/lenfopeni /ağır pnömoni / 50 yaş üstü ) olarak 2 ye ayrıldı. Düşük riskli hastalara profilaktik dozda heparin yüksek riskli hastalara tedavi dozunda heparin başlandı. Taburcu olurken klinik ve D dimer düzeyleri dikkate alınarak uzatılmış tedaviler önerildi. Sağlık Bakanlığı covid 19 tedavi rehberinde bu süreler ayrıntılı olarak belirtildi (18).

Türkiyede hızla oluşturulan ve kullanıma girilen tedavi rehberleri dünyanın birçok ülkesinden farklılıklar göstermiştir. Bu hastalar için uygulanan, başarısı artık kanıtlanmış yöntemlerimiz hekimlerimiz tarafından geliştirilmiştir. Türkiye alınan tedbirlerle vaka-ölüm oranı bakımından da Avrupa'nın düşük ülkelerinden birisi olmuştur. Bu iniş trendini sürdürmek adına ülkemiz, tedbirleri bir süre daha devam ettirmek niyetindedir. COVID-19 pandemisi son 100 yıl içindeki en büyük halk sağlığı krizini oluşturmuştur. Önümüzdeki birkaç ay ya da yıl içinde aşilar ve SARS-CoV-2'yi hedef alan spesifik tedaviler geliştirileceğini umuyoruz.

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