

# Evde Bakımda Ağrı Yönetimi - Farmakolojik Yöntemler

Bölüm  
**14**

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## Giriş

Sağlıkta Dönüşüm Programı kapsamında sağlık hizmetlerini mobilize hale getiren “Evde Sağlık Hizmetleri” ilk olarak 2011 yılında uygulamaya konulmuştur. Bu uygulama ile yaşlı, yatağa bağımlı, engelli, eklem-kas hastalıkları gibi kronik hastalığı olanlar, ameliyat sonrası bakıma ihtiyacı olanlar, kanser hastaları gibi tanısı konulmuş bu tür hastalara kendi ev ortamında uzman bir sağlık ekibi tarafından düzenli ve nitelikli sağlık hizmeti verilmesi amaçlanmıştır (Işık vd., 2016). Evde sağlık hizmeti alan hastalarda en sık karşılaşılan semptomlar arasında yer alan ağrının başarılı tedavisi, hastaların yaşam kalitelerinin artırılmasında önemli bir yer tutmaktadır.

Uluslararası Ağrı Teşkilatı Taksonomi Komitesi'nin tanımlamasında; Ağrı, vücudun belirli bir bölgesinden kaynaklanan, kuvvetli bir doku harabiyetine bağlı olan ya da olmayan, insanın geçmişte edindiği, sübjektif, primitif protektif deneyimleri ile ilgili, sensoryal, hoş olmayan emosyonel bir duyum, davranış şeklidir. Bu tanımdan anlaşılacağı üzere ağrı, sonrasında kişide davranış bozukluğuna varacak değişikliklere neden olacak bir algılama olayıdır. Tedavi edilmemiş ağrı, hastaların fiziksel fonksiyonlarını ve sosyal ilişkilerini olumsuz yönde etkilemekte ve psikolojik rahatsızlıklara yol açmaktadır (IASP, 2011).

Ağrı tedavisinde farmakolojik ve non-farmakolojik yöntemler kullanılmaktadır. Farmakolojik olmayan ağrı tedavi yöntemleri arasında; hasta ve hasta yakınlarının tedavi uyumu ve tedavi esnasında dikkate alınması gereken noktalarda eğitimi, psiko-sosyal terapiler, fizik tedavi ve girişimsel ağrı tedavi yöntemleri yer almaktadır. Ağrısı olan hastalar, çok iyi değerlendirilir ve doğru farmakolojik tedaviler uygulanırsa, % 70-90'ında farmakolojik tedaviyle yeterli düzeyde ağrı palasyonu sağlanabilmektedir (Cleary, 2007).

## Kaynaklar

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