



BÖLÜM | 30

Pulmoner Hipertansiyon ve Tedavi Yöntemleri

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Giriş

Pulmoner Hipertansiyon (PH) pulmoner vasküler yatağın kesitsel alanının ilerleyici bir biçimde azalarak art yükü artırması, sağ ventrikül (RV) yetersizliğine yol açan bir hastalıktır (1). Bu hastalık mortalite ve morbidite oranı yüksektir ve en sık ölüm nedeni RV yetersizliğidir (1,2).

Tanım ve sınıflandırma

Pulmoner hipertansiyon, yapılan sağ kalp kateterizasyonu (SKK) sonucunda, dinlenme konumunda hesaplanan ortalama pulmoner arter basıncının (oPAB) ≥ 25 mmHg olması ile tanı konulmaktadır. Ayrıca pulmoner hipertansiyon oPAB ≥ 25 olması şartıyla; pulmoner kapiller uç basıncı (PCWP) ≤ 15 ise prekapiller, PCWP > 15 ise postkapiller pulmoner hipertansiyon olarak tariflenir. Ortalama sol atriyal basınç ile ortalama pulmoner arter basıncı arasındaki fark olarak ifade edilen trans-pulmoner gradientin kardiyak outputa oranı, pulmoner vasküler rezistansı (PVR) belirlemede kullanılır. PVR > 3 Wood ünitesi olması pulmoner hipertansiyon lehine değerlendirilir (3). (Tablo 1)

Pulmoner hipertansiyon en son yayınlanan kılavuz eşliğinde pulmoner arteriyel hipertansiyon, sol kalp patolojisi nedeniyle oluşan pulmoner hipertansiyon, akciğer hastalıkları ve/veya hipoksi nedeniyle oluşan pulmoner hipertansiyon, kronik tromboemboliye bağlı pulmoner hipertansiyon, belirsiz veya multifaktöriyel nedenlere bağlı pulmoner hipertansiyon şeklinde 5 ana başlık altında sınıflandırılmıştır. (Tablo 2)

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lon atriyal septostomi uygulanabilir. Fakat uygulanan hastalarda operasyon sonrası sağ ventrikül destek cihazına ihtiyaç olabilir. Fonksiyonel kapasitesi III-IV olan veya 3 aylık epoprostenolün dahil olduğu kombinasyon tedavi sonrasında hemodinamik iyileşme görülmeyen hastalarda kalp-akciğer nakli gündeme gelmelidir (38).

Mekanizmaları belirsiz ve/veya çok faktörlü nedenlere bağlı pulmoner hipertansiyon (Grup 5 pulmoner hipertansiyon) hastalarında PH tedavisi ikincil önem taşır. Temel önerme 'basıncı değil, akciğeri tedavi et' olmalıdır. PAH spesifik tedavi ile ilgili yapılan çalışma yoktur.

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