

Bölüm 3

KRONİK PELVİK AĞRI

Ezgi ŞAHİN¹
Nevin HOTUN ŞAHİN²

GİRİŞ

Ağrı; “Vücudun her hangi bir yerinden kaynaklanan, gerçek ya da olası bir doku hasarı ile ilişkili, hastanın geçmişteki deneyimleriyle ilgili, duyuşsal, afektif, bir deneyimdir” (IASP, 2011). Ağrı hoş olmayan bir deneyim olmakla birlikte, kadınların yaşam kalitesini etkileyen, kanama ve enfeksiyonla birlikte jinekolojji polikliniğine başvuruda öncelikli semptomlardan biridir. (Atasü & Şahmay, 2001). Kronik pelvik ağrı, pelvisle ilgili yapılarda algılanan ve altı aydan uzun süren kalıcı, sıklık olmayan ağrı olarak tanımlanmaktadır. Genellikle belirli bir etiyoloji tanımlanamaz ve kronik bölgesel ağrı sendromu veya fonksiyonel somatik ağrı sendromu olarak kavramsallaştırılabilir. Tipik olarak diğer fonksiyonel somatik ağrı sendromları (örneğin, irritabl barsak sendromu, spesifik olmayan kronik yorgunluk sendromu) ve ruh sağlığı bozuklukları (örneğin, travma sonrası stres bozukluğu, depresyon) ile ilişkilidir. Kronik pelvik ağrı tanısı, öykü ve fizik muayeneden elde edilen bulgulara dayanmaktadır. Farmakolojik tedavi ve kanıta dayalı tedaviler sınırlıdır. Farmakolojik tedaviler arasında depo medroksiprogesteron, gabapentin, nonsteroid anti-enflamatuar ilaçlar ve gonadotropin salgılayan hormon agonistleri ve geri alım hormonu tedavisi bulunur. Non-farmakolojik tedavi olarak da pelvik taban fizik tedavi ve alternatif tedaviler uygulanabilir. Cerrahi müdahale olarak; histerektomi, ağrı uterus kökenli gibi görünüyorsa son çare olarak kabul edilebilir, ancak vakaların sadece yarısında önemli iyileşme görülmektedir.

Sakral sinir tutulumu varsa, sinirleri elektrik darbeleriyle uyaran cerrahi olarak yerleştirilmiş bir cihaz aracılığıyla sakral sinir blokları veya nöromodülasyon ile ağrı kesilmesi mümkün olabilir (Fritz & et al., 2014; Martellucci, Naldini & Carriero, 2014). Kronik pelvik ağrı tedavisinde bu yöntemlerin spesifik rolünü

¹ Öğr. Gör. İstanbul Arel Üniversitesi-Meslek Yüksekokulu, Tıbbi Hizmetler ve Teknikler Bölümü, İlk ve Acil Yardım Programı. ezgishn90@gmail.com

² Prof. Dr. İstanbul Üniversitesi- Cerrahpaşa Florence Nightingale Hemşirelik Fakültesi, Kadın Sağlığı ve Hastalıkları Ana Bilim Dalı. nevinsahin34@yahoo.com

gıdalar ve bol sıvı tüketimi) gibi konularda eğitim programı düzenlenebilir. Sonuç olarak hemşireler, ağrının tanınması ile birlikte tüm aşamalarda ağrının giderilmesi için büyük bir öneme sahip multidisipliner bir ekip üyesidir. Bu nedenle hemşireler; ağrının tanınması, tedavisi ve kontrol edilmesi konularında bilgi sahibi olmalıdır (Priscilla, 2012; Malak & Beji, 2015).

Anahtar Kelimeler: Pelvik ağrı, kronik pelvik ağrı, jinekolojik ağrı

KAYNAKÇA

- Atasü, T., & Şahmay, S. (2001). Jinekolojide. Turgay Atasü & Sezai Şahmay (Ed.), Jinekolojide semptomlar içinde (s.103-104). İstanbul: Nobel Tıp Kitabevleri 2. Basım.
- Allen C, Hopewell S, Prentice A, et al. Nonsteroidal anti-inflammatory drugs for pain in women with endometriosis. *Cochrane Database Syst Rev*. 2009; (2): CD004753.
- Butler AC, Chapman JE, Forman EM, et al. The empirical status of cognitive-behavioral therapy: a review of meta-analyses. *Clin Psychol Rev*. 2006; 26 (1):17-31.
- Cheong YC, Smotra G & Williams AC. Non-surgical interventions for the management of chronic pelvic pain. *Cochrane Database Syst Rev*. 2014;(3):CD008797.
- Chiesa A & Serretti A. Mindfulness-based interventions for chronic pain: a systematic review of the evidence. *Journal of Alternative and Complementary Medicine*, vol. 17, no. 1, pp. 83–93, 2011.
- Cody RF & Ascher SM. Diagnostic value of radiological tests in chronic pelvic pain. *Baillieres Best Pract Res Clin Obstet Gynaecol*. 2000;14(3):433-466.
- Engeler DS, Baranowski AP, Dinis-Oliveira P, et al. European Association of Urology. The 2013 EAU guidelines on chronic pelvic pain: is management of chronic pelvic pain a habit, a philosophy, or a science? 10 years of development. *Eur Urol*, 64 (3), 431-439, 2013.
- Engeler D, Baranowski AP, Borovicka J, et al. European Association of Urology. Guidelines on chronic pelvic pain. <http://uroweb.org/wp-content/uploads/EAU-Guidelines-Chronic-Pelvic-Pain-2015.pdf>. Accessed May 29, 2015.
- Fall, M, Baranowski A, Elneil P, et al. EAU guidelines on chronic pelvic pain. *European Urology*. 2010;57(1), 35–48.
- Fall, M, Baranowski A, Fowler C, et al. European Association of Urology. EAU guidelines on chronic pelvic pain. *European Urology*. 2004;46(6), 681–689.
- Fitzgerald MP, Anderson RU, Potts J, et al.; Urological Pelvic Pain Collaborative Research Network. Randomized multicenter feasibility trial of myofascial physical therapy for the treatment of urological chronic pelvic pain syndromes. *J Urol*. 2013;189(1 suppl):S75-S85.
- Fritz J, Chhabra A, Wang KC, et al. Magnetic resonance neurography-guided nerve blocks for the diagnosis and treatment of chronic pelvic pain syndrome. *Neuroimaging Clin N Am*. 2014;24(1):211-234.
- Gelbaya TA & El-Halwagy HE. Focus on primary care: chronic pelvic pain in women. *Obstet Gynecol Surv*. 2001;56:757–764.
- Harada T, Momoeda M, Taketani Y, et al. Low-dose oral contraceptive pill for dysmenorrhea associated with endometriosis: a placebo-controlled, double-blind, randomized trial. *Fertil Steril*. 2008;90(5):583-1588.
- Haugstad GK, Kirste U, Leganger S, et al. Somatocognitive therapy in the management of chronic gynaecological pain. A review of the historical background and results of a current approach. *Scand J Pain*. 2011;2(3):124-129.
- Holland TK, Cutner A, Saridogan E, et al. Ultrasound mapping of pelvic endometriosis: does the location and number of lesions affect the diagnostic accuracy? A multicentre diagnostic accuracy study. *BMC Womens Health*. 2013;13:43.
- Jacobson TZ, Duffy JM, Barlow D, et al. Laparoscopic surgery for pelvic pain associated with endometriosis. *Cochrane Database Syst Rev*. 2009; (4): CD001300

- Jarrell JF, Vilos GA, Allaire C, et al. Consensus guidelines for the management of chronic pelvic pain. *Journal of Obstetrics and Gynaecology Canada*, vol. 27, no. 8, pp. 781–826, 2005.
- Kroenke K, Spitzer RL & Williams JB. The PHQ-9: validity of a brief depression severity measure. *J Gen Intern Med*. 2001;16(9):606-613.
- Lavell ED, Lavelle W & Smith HS. Myofascial trigger points. *Anesthesiol Clin* 2007;25:841–51, vii–ii.
- Lee SW, Liong ML, Yuen KH, et al. Acupuncture versus sham acupuncture for chronic prostatitis/chronic pelvic pain. *Am J Med*, 121(1):79 e71–79 e77. doi: 10.1016/j.amjmed.2007.07.033.
- Loving S, Nordling J, Jaszczak P, et al. Does evidence support physiotherapy management of adult female chronic pelvic pain? A systematic review. *Scand J Pain*. 3 (2),70-81,2012
- Lucas N, Macaskill P, Irwig L, et al. Reliability of physical examination for the diagnosis of myofascial trigger points: a systematic review of the literature. *Clin J Pain*. 2009;25:80–9.
- Malak, A & Beji NK. Kronik Pelvik Ağrı ve Hemşirelik Yaklaşımı. *Okmeydanı Tıp Dergisi*, 31(2):92-97, 2015 doi:10.5222/otd.2015.092
- Malykhina AP. Neural mechanisms of pelvic organ cross-sensitization. *Neuroscience* 2007;149:660–72.
- Mathias, SD, Kuppermann M, Liberman R, et al. Chronic pelvic pain: Prevalence, health-related quality of life, and economic correlates. *Obstetrics & Gynecology*, 87(3), 321–327, 2005
- Martellucci J, Naldini G & Carriero A. Sacral nerve modulation in the treatment of chronic pelvic pain. *Int J Colorectal Dis*, 27 (7), 921-926, 2012
- McGowan LP, Clark-Carter DD, Pitts MK. Chronic pelvic pain: a meta-analytic review. *Psychol Health* 1998;13:937–51.
- Meltzer-Brody S, Leserman J, Zolnoun D, et al. Trauma and posttraumatic stress disorder in women with chronic pelvic pain. *Obstet Gynecol*, 109 (4), 902-908, 2007
- Meredith SM, Sanchez-Ramos L & Kaunitz AM. Diagnostic accuracy of transvaginal sonography for the diagnosis of adenomyosis: systematic review and metaanalysis. *Am J Obstet Gynecol*, 201 (1), 107.e1-107.e6, 2007
- Montenegro ML, Gomide LB, Mateus-Vasconcelos EL, et al. Abdominal myofascial pain syndrome must be considered in the differential diagnosis of chronic pelvic pain. *Eur J Obstet Gynecol Reprod Biol*. 2009;147:21–4.
- Perry CP. Current concepts of pelvic congestion and chronic pelvic pain. *JSLS*. 2001;5:105–110.
- Pirbudak Çöçelli, L., Bacaksız, B. D., Owayolu, N. Ağrı tedavisinde hemşirenin rolü. *Gaziantep Tıp Dergisi*. 2008;14:53-58.
- Priscilla D. Caring for women with chronic pelvic pain. *The Association of Women's Health, Obstetric and Neonatal Nurses* 2012;41(5):666-667.
- Rom~ao, AP, Gorayeb R, Romao G, et al. High levels of anxiety and depression have a negative effect on quality of life of women with chronic pelvic pain. *The International Journal of Clinical Practice*, 63 (5), 707–711, 2009
- Royal College of Obstetricians and Gynaecologists: Development of RCOG Green-top Guidelines: The initial management of chronic pelvic pain. No. 41. London: RCOG; 2012.
- Royal College of Obstetricians and Gynaecologists (RCOG). Acupuncture and Chinese herbal medicine for women with chronic pelvic pain. London: RCOG; 2012. Scientific Impact Paper No. 30.
- Swanton A, Iyer L & Reginald PW. Diagnosis, treatment and follow up of women undergoing conscious pain mapping for chronic pelvic pain: a prospective cohort study. *BJOG*,113(7):792-796, 2006
- Taşkın, L. (Ed.). (2009). *Doğum ve Kadın Sağlığı Hemşireliği. Üreme siklusu anomalileri*. 9. basım, Sistem Ofset Matbaacılık, Ankara
- Teixeira M.E. Meditation as an intervention for chronic pain: an integrative review. *Holistic Nursing Practice*, vol. 22, no. 4, pp. 225–234, 2008
- The American College of Obstetricians and Gynecologists (ACOG). Chronic pelvic pain obstetrics & gynecology. *Practice Bulletin*, 103(3):589-605, 2004

- Thomas E, Moss-Morris R & Faquhar C. Coping with emotions and abuse history in women with chronic pelvic pain. *J Psychosom Res* 2006;60:109–12.
- Triolo O, Laganà AS & Sturlese E. Chronic pelvic pain in endometriosis: an overview. *J Clin Med Res*. 2013; 5: 153–63.
- Tu FF, Holt J, Gonzales J, et al. Physical therapy evaluation of patients with chronic pelvic pain: a controlled study. *Am J Obstet Gynecol*, 198(3);272. e1-272.e7, 2008
- Vercellini P, Viganò E, Somigliana A, et al. Medical, surgical and alternative treatments for chronic pelvic pain in women: a descriptive review, *Gynecological Endocrinology*, vol. 25, no. 4, pp. 208–221, 2009.
- Walling MK, Reiter RC, O'Hara MW, et al. Abuse history and chronic pain in women: I. Prevalences of sexual abuse and physical abuse. *Obstetrics & Gynecology*, 84(2), 193–199, 1994
- Witt CM, Reinhold T, Brinkhaus B, et al. Acupuncture in patients with dysmenorrhea: A randomized study on clinical effectiveness and costeffectiveness in usual care. *Am J Obstet Gynecol*, 198(2), 166.e1-8, 2008.
- Won HR & Abbott J. Optimal management of chronic cyclical pelvic pain: an evidence-based and pragmatic approach. *International Journal of Women's Health*, vol. 2, no. 1, pp. 263–277, 2010.
- Yunker A, Sathe NA, Reynolds WS, et al. Systematic review of therapies for noncyclic chronic pelvic pain in women. *Obstetrical and Gynecological Survey*, vol. 67, no. 7, pp. 417–425, 2012.
- Zeidan F, Grant JA, Brown CA, et al. Mindfulness meditation-related pain relief: Evidence for unique brain mechanisms in the regulation of pain. *Neurosci Let*. 2012;520(2):165-73.
- Zhen HL, Wang Y & Liu XJ. Observation of the therapeutic effect of warming needle moxibustion on chronic pelvic inflammation of cold-damp stagnation type. *Zhongguo Zhen Jiu*, 28(10), 736-8, 2008
- Zondervan KT, Yudkin PL, Vessey MP, et al. Patterns of diagnosis and referral in women consulting for chronic pelvic pain in UK primary care. *British Journal of Obstetrics and Gynaecology*, 106(11), 1156–1161, (1999a).
- Zondervan KT, Yudkin PL, Vessey MP, et al. Prevalence and incidence of chronic pelvic pain in primary care: Evidence from a national general practice database. *British Journal of Obstetrics and Gynaecology*, 106(11), 1149–1155, (1999b).
- Zondervan KT, Yudkin PL & Vessey MP. The community prevalence of chronic pelvic pain in women and associated illness behaviour. *Br J Gen Pract*. 2001; 51: 541–7.
- Zondervan KT, Yudkin PL, Vessey MP, et al. Chronic pelvic pain in the community—Symptoms, investigations, and diagnoses. *American Journal of Obstetrics & Gynecology*, 184(6), 1149–1155, (2001a)
- Zondervan KT, Yudkin PL, Vessey MP, et al. The community prevalence of chronic pelvic pain in women and associated illness behaviour. *The British Journal of General Practice*, 51(468), 541–547, (2001b).