

Bölüm 17

VULVODİNİ: TANI, TEDAVİ VE BAKIM

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GİRİŞ

Vulvodini, üç aydan fazla süren idiyopatik vulvar ağrı olarak tanımlanır. Saptanan kesin bir bulgu (enfeksiyon, inflamasyon veya neoplazi gibi) ve klinik olarak açıklanabilen nörolojik bir sorunun olmaksızın oluşan vulvar huzursuzluk ve yanıcı ağrı tablosudur (Bornstein et al., 2016; “Committee Opinion No 673,” 2016). Vulvodini, toplum, sağlık sistemi, kadın ve partneri için önemli bir sorundur (Sadownik, 2014). Vulvodini prevalansı, %6,6 ile %28 arasında değişmektedir (Gómez, Coronado, Martín, Alonso, & Guisasola-Campa, 2019; Harlow & Stewart, 2003; L.D., G.A., R., & G.G., 2007; Reed, Crawford, Couper, Cave, & Haefner, 2004; Reed, Haefner, Sen, & Gorenflo, 2008).

Vulvar ağrı ile vulvodininin farkına bakıldığında; vulvar ağrıda spesifik bir neden vardır. Vulvodini ise daha karmaşık bir durumu yansıtmaktadır. Vulvodini üç aydan fazla sürmeli ve idiyopatik olmalıdır. Ağrı, lokalize (vestibulodini veya klorodini), genel veya iki şekilde de bulunabilir. Bir durumdan tetiklenebilir yani provoke olabilir, spontan olarak ortaya çıkabilir veya ikisi bir arada bulunabilir. Primer veya sekonder başlangıçlı olabilir. Sürekliliği, aralıklı, kalıcı, sürekli veya gecikmeli olarak değişiklik gösterebilir (Tablo 1) (Bornstein et al., 2016).

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hemşireleri ve ebeler dışında, dahil olması gereken uzmanlar arasında cinsel danışmanlar, klinik psikologlar, fizyoterapistler ve ağırlı uzmanları bulunur.

Bakım verici rolü üstlenen hemşireler, hastanın özellikle konfor anlamında durumunu en üst düzeye çıkarmalı, ağırlı ile baş etmesi konusunda özellikle farmakolojik olmayan yöntemleri hastaya uygun biçimde anlatmayı ve destek olmalıdırlar. Kadın sağlığı hemşireleri veya ebeler cinsel sağlık konusunda danışmanlık yapmalı ve gerekirse multidisipliner destek almalıdırlar. Hastanın ailesi ve özellikle partneri muhakkak sürece dahil edilmelidir.

Hastalar, sağlık profesyonellerinin ağrılarının “gerçek” olduğuna inanmadığını düşünebilir; bu nedenle, herhangi bir tedavi yaklaşımına, tanının açıklanması ve gerçekçi tedavi hedeflerinin belirlenmesi dahil, detaylı bir açıklama ile başlamak önemlidir. Etiyolojiler üzerine daha çok araştırma yapılması gerekmektedir.

Anahtar Kelimeler: Vulvodini, vulvar ağrı, bakım

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