



PULMONER ÖDEMLİ HASTAYA YAKLAŞIM

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Tanım

Pulmoner ödem, interstisyel doku içinde ve/veya akciğerin alveoler hava boşlukları içinde anormal sıvı birikimi olarak tanımlanır. Normal şartlarda, pulmoner dolaşımdan filtrelenen ve lenfatik sistem tarafından absorbe edilen sıvı arasında bir denge vardır. Bu denge, interstisyel boşlukta yalnızca küçük bir miktar sıvı bulunmasını sağlar. Ekstravasküler alanda artmış sıvı birikimi, klinik olarak pulmoner ödem olarak ortaya çıkar. Bu durum, pulmoner hidrostatik basınçta meydana gelen belirgin yükselmeye sekonder olarak filtrelenmiş sıvı miktarındaki bir artıştan, pulmoner kapiller permeabilitede sıvı ve protein ekstravazasyonuna neden olan bir durumdan veya lenfatik drenajın kesintiye uğramasından kaynaklanabilir (2).

Etiyolojisi, pulmoner dolaşımdan yeterli miktarda kanın uzaklaştırılmaması ile karakterize kardiyojenik bir nedenden ya da akciğer parankiminde meydana gelen bir hasar sonucu ortaya çıkan non-kardiyojenik bir nedenden kaynaklanabilmektedir. Etiyolojiye bakılmaksızın, akciğerde meydana gelen sıvı birikimi, alveollerde solunum gazlarının değişimini bozarak solunum sıkıntısı ve mekanik ventilasyon ihtiyacına neden olur (3). Pulmoner ödem, birçok hastalığın sürecinde meydana gelen önemli bir patolojidir ve bu nedenle altta yatan nedenin belirlenmesi, sürecin yönetimine rehberlik etmek için önemlidir.

Klinik Bulgular

Öykü ve fizik muayene bulguları, hastada var olan solunum yetmezliğinin derecesinin belirlenmesine, tanı konulmasına ve çoğu zaman da altta yatan etiolo-

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cinde farklı disiplinlerden, iyi koordine edilmiş bir ekibin ortaklaşa çalışmasını gerektirmektedir. Altta yatan nedenin saptandığı ve yönetildiği bir yaklaşım ile teşhis ve tedavinin en uygun seçenekler ile doğru ve zamanında yapılması, muhtemel komplikasyonların önlenmesi ve hastanın en yüksek faydayı görmesini sağlayacaktır. Gerek pulmoner, gerekse pulmoner sistemle ilişkili diğer doku ve organ sistemlerinin işlevlerinin korunması ve halihazırda oluşmuş komplikasyonların çözülebilmesi amacıyla hastanın yakın takibi ve güncel algoritmalar ile belirlenmiş tedavi seçeneklerinin sunulabilmesi, yaşam kalitesinde artış ve mortalite oranlarında azalma açısından oldukça önemlidir.

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