



# 7.

## Bölüm

## COVID-19 ENFEKSİYONU İÇİN RİSKLİ GRUPLAR

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### GİRİŞ

2019 yılının sonlarında Çin'in Wuhan şehrinde bir dizi pnömoni vakasında suçlu ajan olarak yeni bir koronavirüs tespit edilmiştir. Virüs kısa sürede tüm dünyaya yayılarak pandemi meydana getirmiştir. Dünya Sağlık Örgütü Şubat 2020'de hastalığı "2019 koronavirüs hastalığı" anlamına gelen COVID-19 olarak tanımlamıştır. Hastalığın hızla yayılması hastalık açısından yüksek risk altındaki kişilerin tespit edilme gereksinimini ortaya çıkarmıştır. Pandeminin erken dönemlerinde düşük hasta sayıları ile yapılan ve çelişkili sonuçlar içeren çalışmalar yayınlanırsa da COVID-19 hastalığı için risk faktörlerini belirleyen derleme ve meta-analizler son zamanlarda artış göstermektedir. Bu bölümde maddeler halinde COVID-19 enfeksiyonu için riskli hasta grupları anlatılacaktır.

### YAŞ

Yapılan çalışmalar COVID-19 enfeksiyonunun şiddeti, entübasyon riski ve mortalite riskinin yaş ile beraber artış gösterdiğini ortaya koymaktadır. Zhang ve arkadaşlarının yaptığı bir çalışmada ciddi olmayan COVID-19 pnömonisi olan hastaların medyan yaşı 49 yıl bulunurken, ciddi pnömonisi olup hayatta kalanların medyan yaşı 62 yıl ve ciddi pnömonisi olup ölen COVID-19 hastalarının medyan yaşı ise 69 yıl olarak tespit

edilmiştir (1). Bu çalışmada yaş arttıkça hastalık ciddiyeti ve mortalitesinin artış gösterdiği bulunmuştur. Otuz çalışmayı içeren bir meta-analizde ise hasta yaşının >65 olması ile COVID-19 enfeksiyonunun şiddetli geçme riskinin 2.25 kat artış gösterdiği ortaya konmuştur (2). Yine başka bir meta-analizde ise 70 yaşın üstündeki kişilerde COVID-19 enfeksiyonu riskinin 1.65 kat, ciddi hastalık riskinin 2.05 kat, yoğun bakıma yatırılma riskinin 2.7 kat ve mortalite riskinin ise 3.61 kat artış gösterdiği saptanmıştır (3). Pandeminin ilk gününden itibaren yapılan çalışmalarda "yaş" için risk faktörü olarak farklı değerler alınmış olsa da literatürdeki veriler yaşın ilerlemesi ile COVID-19 enfeksiyonu riskinin, enfeksiyonun şiddetinin ve mortalite riskinin artış gösterdiği yönündedir.

### CİNSİYET

Erkek ve kadın hastaların COVID-19 enfeksiyonuna yakalanma riskleri birbirine benzer bulunsa da hastalığın erkeklerde şiddetli seyretme riskinin ve mortalitesinin daha yüksek olduğu tespit edilmiştir (4). Retrospektif bir çalışmada 799 hasta incelenmiş ve ölen hastalar arasında (%73'ü erkek) iyileşen hastalara kıyasla (%55'i erkek) erkek cinsiyetin daha baskın bulunduğu görülmüştür (5). Yapılan bir meta-analize, toplam 11 ülkeden 281.461 hastayı içeren 212 çalışma dahil edilmiş ve ciddi hastalığa sahip olan

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## SONUÇ

Sonuç olarak COVID-19 enfeksiyonu ciddi morbidite ve mortaliteye yol açmaya devam etmektedir. Enfeksiyon açısından riskli hasta gruplarının belirlendiği çalışmalar oldukça günceldir. Riskli bireylerin tespiti ile hastalığın daha ağır seyredebileceği kişiler ayırt edilebilir ve hastalığın morbidite ile mortalitesinde azalma sağlanabilir. COVID-19 enfeksiyonunun en iyi tedavisi hastalığın önlenmesidir. Bunun için de aşılama ve kişisel önlemler ile hastalığın önüne geçilmeye çalışılması gerekmektedir. Yukarıda özetlenen riskli hastaların COVID-19 enfeksiyonundan korunmak için sağlık otoritelerinin ve Sağlık Bakanlığının önerileri doğrultusunda aşılama konusunda gerekli özeni göstermesi ve kişisel önlemlerini daha sıkı almaları gerekmektedir.

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