9. Bölüm

COVID-19 İLİŞKİLİ KOKU VE TAT BOZUKLUKLARI

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GİRİŞ

Dünyada milyonlarca insanı etkileyen COVID-19 salgını, ilk vakanın açıklanmasının üzerinden 2 yıla yakın bir süre geçmesine rağmen halen tüm dünyayı tehdit etmektedir. Pandemi süresince yapılan çalışmalar çeşitli klinik semptomların varlığını ortaya koymuştur. COVID-19 enfeksiyonu olan hastaların çoğunluğu, hastalığı asemptomatik veya hafif-orta şiddette,%5-8 kadarı ise ağır enfeksiyon ve solunum desteği ihtiyacı olacak şekilde geçirmektedir. COVID-19 kaynaklı SARS-CoV-2 geçirip iyileşen hastaların küçük bir kısmında, başlangıç enfeksiyonundan 4 hafta sonra biyokimyasal olarak enfeksiyonun sona ermesine rağmen devam eden, 'Post-akut COVID-19 Sendromu'olarak belirlenen klinik semptomlar tanımlanmıştır (1):

- Uzun Covıd veya Persistan Post-Covıd Sendromu (PPCS) (haftalar/aylar süren semptomlar)
- COVID-19 Multiorgan etkileri
- COVID-19 tedavisinin/hastanede yatışın etkileri

"Uzun COVID'' için tipik klinik semptomlar: yorgunluk, dispne, tükenmişlik, beyin bulanıklığı, otonom disfonksiyon, baş ağrısı, kalıcı koku ve tat kaybı, öksürük, depresyon, düşük dereceli ateş, çarpıntı, halsizlik, kas ve eklem ağrıları

"COVID-19 Multiorgan etkileri''için klinik semptomlar: süresi belirsiz kardiyovaskuler, pulmoner, renal, nöropsikyatrik organ sistemlerindeki etkiler

"COVID-19 tedavisinin/hastanede yatışın etkileri'': Uzun vadede şiddetli güçsüzlük ve posttravmatik stres bozukluğu şeklinde post-yoğun bakım sendromu (PICS) görülebilir. ABD'de birçok medikal merkezde bu hastalar için post-COVID-19 bakım klinikleri açılmıştır.

COVID-19 VE KOKU-TAT BOZUKLUĞU PREVALANSI

Pandemi başladıktan sonra birçok hastada koku alma sorunları yaşam kalitesini ciddi anlamda bozan bir rahatsızlık olarak gözlenmeye başladı. COVID-19 hastalığındaki koku kaybının iyileşme paterninin farklılığı, hastalığın erken tanısında rol alma olasılığı ve hastalık şiddeti ile ilişkisini gösteren klinik çalışmalar koku kaybına olan ilginin artmasına sebep oldu (2). Anosminin COVID-19 enfeksiyonu için 'ilk' belki de 'tek' semptom olabileceği öne sürülerek, koku bozukluğu başlayan hastaların öz-izolasyon uygulaması önerildi (3).

Yaklaşık 40.000 hastayı içeren 104 çalışmanın incelendiği bir meta analizde, Von Berthald ve ark. COVID-19 ile birlikte görülen koku kaybının Avrupa ırkında Asya ırkından 3 kat daha

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