



# 54.

## Bölüm

## ROMATOLOJİK HASTALIKLARDA COVID-19 ENFEKSİYONU YÖNETİMİ

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### GİRİŞ

Çin'in Wuhan kentinde Aralık 2019'da bir betacoronavirüs olan SARS-CoV-2'in neden olduğu ilk COVID-19 (coronavirüs 2019) enfeksiyonu vakası tanımlanmıştır (1). O zamandan beri dünyanın hemen her yerinde çok hızlı bir şekilde yayılan enfeksiyon milyonlarca insanın ölümüyle sonuçlanmıştır. Bazı ülkelerde birden fazla enfeksiyon dalgası yaşanmıştır. En son açıklanan verilere göre dünyada 250 milyon insan COVID-19 enfeksiyonu ile karşılaşmış ve yaklaşık 4,5 milyon insan bu nedenle hayatını kaybetmiştir (2).

COVID-19 enfeksiyonu ile birlikte immün sistem disfonksiyonu olan hastalarda enfeksiyonun nasıl seyredeceği ile ilgili endişeler gündeme gelmeye başlamıştır (3). İmmün sistem disfonksiyonuyla seyreden hastalıklardan olan romatolojik hastalıklarda altta yatan immün sistem sorunu, kullanılan immünsupresif ilaçlar ve eşlik eden komorbideteler nedeniyle enfeksiyonlara karşı artmış yatkınlığın olduğu bilinmektedir (4-6).

Romatolojik hastalıklarda COVID-19 enfeksiyonunun seyrinin yanı sıra bu enfeksiyonun bazı romatolojik hastalıkları taklit edebileceği ya da bu hastalıkları tetikleyebileceği ile ilgili de çalışmalar mevcuttur. Bazı viral enfeksiyonların (parvovirüs B19, EBV, CMV, HHV-6, HTLV-1,

hepatit A ve C ve rubella gibi) otoimmüniteyi tetikleyebileceği bilinmektedir. Güncel verilerle beraber SARS-CoV-2 virüsünün de immün sistemi indükleyebileceği öne sürülmüştür (7-9).

Pandemi sürecinde diğer önemli bir konu da romatolojik tedavilerin yönetimi konusu olmuştur. Bu konuda hastaların COVID-19 teması, şüphesi ya da enfeksiyon durumu yok ise ilaçların kesilmemesi konusunda birçok öneri seti oluşturulmuştur. Ayrıca son dönemlerde romatolojide kullanılan bazı tedavilerin COVID-19 tedavisinde de kullanılabileceği ile ilgili çalışmalar, romatologların da tedavinin merkezinde rol almalarını zorunlu kılmıştır.

### ROMATOLOJİK HASTALIKLARDA COVID-19 ENFEKSİYONU SIKLIĞI

COVID-19 enfeksiyonunun genel popülasyonda görülme sıklığı ile ilgili çeşitli bölgelerden ve merkezlerden farklı sonuçlar bulunmaktadır. Bu nedenle verileri yorumlarken bu farklılıkları göz önünde bulundurmak gerekmektedir.

Bazı çalışmalarda romatolojik hastalıklarda COVID-19 enfeksiyonu görülme insidansı %0,2-0,6 olarak ve aynı dönemde incelenen genel popülasyonla benzer olarak bulunmuştur (10-14). Başka bir çalışmada sabit dozda biyolojik ya da hedefe yönelik sentetik hastalık modifiye edici antiromatizmal ilaç (b/ts DMARD) alan

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de bazı zorluklar getirmiştir. Genel olarak baktığımızda romatolojik hastalıklarda COVID-19 enfeksiyonu sıklığı ve şiddeti genel popülasyona kıyasla artmış görünmektedir. COVID-19 enfeksiyonunun romatolojik hastalıklarla benzer patogenezi ortak klinik bulgularla beraber tanısal süreçte bazı zorlukları beraberinde getirmiştir. Ayrıca antiromatizmal ilaçların COVID-19 enfeksiyonu tedavisinde kullanımını ile ilgili çelişkili sonuçların olduğu ve bilginin sürekli değiştiği pandemi döneminde ileri çalışmalar yol gösterici olacaktır.

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