

Bölüm 2

COVID-19 SALGININDA GİZLENEN TEHDİT: ANTİMİKROBİYAL DİRENÇ

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GİRİŞ

Enfeksiyonları tedavi etmek için antimikrobiyal ajanların keşfi ve rutinde uygulanması modern tıpta devrim yaratarak terapötik paradigmayı değiştirmiştir. Nitekim antibiyotikler son teknoloji cerrahi prosedürler, solid organ nakli ve kanserli hastaların yönetimi gibi karmaşık tıbbi yaklaşımların geliştirilmesi için gerekli olan en önemli tıbbi müdahalelerden biri haline gelmiştir. Günümüzde ne yazık ki antibiyotiklerin uygunsuz ve gereksiz kullanımı sonucu bakteriyel patojenlerin arasında antimikrobiyal direnç (AMD) gelişimi söz konusu olmuştur. AMD'deki belirgin artıştan dolayı antibiyotiklerin terapötik başarısını tehdit etmekte ve kritik hastaların tedavi sürecini tehlikeye atmaktadır. Dünya Sağlık Örgütü (DSÖ) AMD'yi 21. yüzyılın en önemli üç halk sağlığı tehdidinden biri olarak nitelendirmektedir. Dünyada ve ülkemizde AMD oranları oldukça yüksektir. Avrupa ülkeleri arasında antibiyotik kullanımı ve yüksek direnç oranı açısından ilk sırada gelmekteyiz ^(1,2).

Koronavirüs Hastalığı'na (COVID-19) benzer şekilde AMD, küresel halk sağlığı için ciddi bir sorun haline gelmektedir. Örneğin, AMD'li patojenlere bağlı küresel enfeksiyonlar yılda yaklaşık 700.000 ölümle sonuçlanıyor ve bunun 2050 yılında 10 milyona çıkacağı tahmin ediliyor. DSÖ Küresel Antimikrobiyal Sürveys Sistemi (GLASS), dünyanın birçok bölgesinde ciddi veya yaygın enfeksiyonlara neden olan bir dizi patojende artan AMD seviyelerini rapor etmeye devam etmektedir. Ayrıca ABD'de antimikrobiyal dirençli patojenlerin neden olduğu enfeksiyonlar nedeniyle her yıl yaklaşık 23.000 ölüm olacağı tahmin edilmektedir. 2019'da Avrupa Hastalık Önleme ve Kontrol Merkezi (ECDC), Avrupa'nın yüksek gelirli ülkelerinde 25.000 hastanın öldüğünü bildirmiştir. Benzer şekilde Hindistan ve Tayland gibi düşük ve orta gelirli ülkelerde AMD'li patojenlerin neden olduğu enfeksiyonlar sebebiyle yılda yaklaşık 58.000 çocuğun ve 38.000 yetişkinin hayatını kaybettiği bildirilmiştir ⁽³⁻⁹⁾.

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SONUÇ

AMD'nin ortaya çıkışı büyük bir zorluk olsa da önemli stratejilerin uygulanması halinde potansiyel olarak COVID-19 döneminde AMD'nin insidansını en aza indirmeye yardımcı olabilir. Bu stratejiler arasında: 1) COVID-19 hastaların tedavisinde doğru antimikrobiyal (dar spektrumlu antimikrobiyal gibi), doğru dozda, hasta ağırlığına göre ayarlanmış ve renal toksisitesi ile değerlendirilmiş tüm klinisyenler tarafından reçete edilmelidir. 2) Uygun antimikrobiyal ajanların seçimi için patojen bakteriler tarafından üretilen GSBL ve karbapenemazlar gibi enzimleri hızlı AMR teşhisi uygulayarak tanımlamak 3) Sağlık çalışanlarını ve hastaları antimikrobiyal ilaçların uygun reçetelenmesi ve kullanımını konusunda eğitmek için sürekli eğitim kampanyaları yapılmalıdır. 4) Sağlık sistemi içindeki antimikrobiyal yönetim programlarının güçlendirilmesi ve yeni programların oluşturulması. 5) Yeni ilaç ve aşıların araştırılması ve geliştirilmesi için teşviklerin yapılması. SARS-CoV-2'ye karşı aşılamanın başarılı bir şekilde uygulanması, COVID-19 hastalığının küresel yaygınlığını azaltmaya yardımcı olacaktır. Böylece antibiyotiklerin (uygunsuz) kullanımını azaltacak ve potansiyel olarak AMD'nin küresel yükünü azaltacaktır.

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