

BÖLÜM 17

ONKOLOJİDE PALYATİF BAKIM PRENSİPLERİ

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Palyatif Bakımın Tanımı ve Önemi

Dünya Sağlık Örgütü (World Health Organization, WHO) palyatif bakımın tüm hekimler için vicdani sorumluluk olup, ”yaşamı tehdit eden hastalıklardan kaynaklanan problemler ile karşılaşan hastaların ve hasta yakınlarının yaşam kalitesini, başta ağrı olmak üzere tüm fiziksel, psikosozyal ve ruhsal problemlerin erken tespit edilerek ve etkili değerlendirmeler yapılarak önlenmesi veya giderilmesi yolları ile arttıran bir yaklaşımdır” şeklinde tanımlamıştır (1).

Dünya nüfusunun yaş ortalamasının artması, kanser ve kronik hastalık insidansının artmasının palyatif bakım ihtiyacını daha fazla arttırdığı bilinmektedir. Yaşamı tehdit eden hastalığı olan tüm hastaların %50 ile %89’unun değişik seviyelerde palyatif bakım desteğine gereksinimi olacağı öngörülmektedir (2). Tanı ve tedavi seçenekleri bakımından tüm gelişmelere rağmen kanser, halen günümüzde en önemli ölüm nedenleri arasında kardiyovasküler hastalıklardan sonra ikinci sırada yer alır ve önemli bir halk sağlığı sorunudur (3). Her yıl 7.9 milyon insan kanser nedeniyle ölmekte ve 2030 yılında 12 milyon insanın kanser nedeniyle hayatını kaybedeceği tahmin edilmektedir. Kanser tanısının konulması ile birlikte hastalarda kansere bağlı belirtiler, kanser tedavileri ile ilişkili yan etkiler ve bu süreçte psikolojik bozukluklar da sık yaşanmaktadır. Kanser hastalarının fiziksel ve ruhsal olarak yaşamlarının son anları dahil olmak üzere iyi bir şekilde desteklenmesi oldukça önemlidir. Sadece yaşam kalitesini korumak suretiyle yaşam süresini uzatmak değil, kanser hastalarının fiziksel ve ruhsal tam sağlık hallerinin de desteklenmesi tüm hekimlerin ve sağlık çalışanlarının hassasiyetle yaklaşmaları gereken bir gerçektir (4,5). Bu nedenle kanserli hastaların tanı anından yaşamlarının son anına kadar geçen süreçte sadece hayatlarını tehdit eden belirti ve bulguların değil, fiziksel ve ruhsal tam sağlık halini etkileyen her bir belirti ve bulgunun multidisipliner bir şekilde değerlendirilmesi gerekir (6). Kanser hastaları, tanı anında, tedavi sırasında, sonrasında ve terminal dönemde kontrolü zor olan birçok semptomu sıklıkla bir arada yaşadığından palyatif bakıma tanı anında

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