

15. Bölüm

COVID-19 PANDEMİSİ VE SİSTEMİK KEMOTERAPİ YAKLAŞIMLARINDA DEĞİŞENLER

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GİRİŞ

Kanser bağışıklık sistemini baskılayan bir hastalıktır.¹ Diğer taraftan, kanserin tedavisinde kullanılan sistemik sitotoksik kemoterapiler de hem hümmoral hem de hüccresel bağışıklığı değıştirerek immunsupresif etki yaparlar. Bu nedenle, sistemik kemoterapi alan kanserli hastalarda, enfeksiyon riski ve enfeksiyona bağlı morbidite ve mortalite artar. Kemoterapi ajanlarının çoęu kemik ilięini baskılar ve genellikle absölü nötrofil sayısını düşürerek bakteriyel enfeksiyon riskini artırır. Ancak bazı yüksek doz kemoterapi rejimleri ve hematolojik kanserlerde kullanılan indüksiyon tedavileri, uzamış lenfosit depleşyonu yaparak viral enfeksiyon riskini de artırabilir.^{2,3}

COVID-19 ile enfekte olmanın kanser hastalarını nasıl etkiledięine dair pandeminin ilk dönemlerinde kafa karıştııcı bazı çalışmalar yayınlansa da, büyük hasta gruplarında yapılan çalışmalar ve metaanalizler, COVID-19'un beklenildięi gibi kanserli hastalarda mortalite ve morbiditeyi artırdığını kanıtlamıştır.⁴⁻¹⁰ Yakın zamanda sistemik kemoterapi alan hastalarda, bu riskin daha fazla olduęu görölmüştür.⁸ Diğer yandan, sistemik kemoterapi verilen hastalarda sosyal mesafeyi korumak zor olup, bu tedavi, hem hastalar hem de personel için bulaş riskini artırmaktadır. Bunun yanında COVID-19 ile ilişkili korku ve anksiyetesi yüksek olan hastaların kemoterapi almaktan kaçınması olasıdır.¹¹ Tüm bu faktörler pandemi sırasında, onkologların tedavi kararında belirsizliklere yol açmış ve tedavide çeşitli düzenlemeler yapılması ihtiyacı doğmuştur. Bu düzenlemeler

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zamanda aşılmalı ve enfeksiyondan koruma adına temas ve hijyen koşullarına dikkat edilmeli, gereğinde hasta ve hasta yakınlarına eğitim verilmelidir.

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