

## 32. BÖLÜM

### KRONİK HASTALIKLARIN BAKIMINDA KULLANILAN YENİ TEKNOLOJİLER



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#### GİRİŞ

Kronik hastalıklar dünya çapında yaygın sakatlık ve ölüm nedenidir<sup>(1,2)</sup>. Genel popülasyona göre kronik hastalığı olan bireylerin mortalite ve morbidite riski daha yüksek, yaşam kaliteleri önemli ölçüde düşüktür. Kronik hastalıkların toplumda yaygın olması bireye, aileye ve sağlık sistemine yük getirmektedir<sup>(3)</sup>. Dünya Sağlık Örgütü (DSÖ) Entegre Kronik Hastalıkları Önleme ve Kontrol Programında, risk faktörlerinin önlenmesi, korunmanın artırılması ve yaşam kalitesinin geliştirilmesi hedefleri yer almaktadır<sup>(1)</sup>. Bu kapsamda tarama, önlenme ve tedavi için etkili yöntemler kullanılmalıdır<sup>(4)</sup>. Kronik hastalıklar, akut hastalıklardan farklı olarak, süresi ve çok yönlü doğasıyla sürekli bakıma erişimi gerektirmektedir<sup>(5)</sup>. Kronik hastalık, ömür boyu süren ve hastanın günlük sorumluluğu olan bireyin özyönetimini gerektirir. Bu kapsamda bireyin ve ailenin hastalığın yönetimi hakkında bilgi, güven ve beceri kazanmalarına yardımcı olunmalıdır<sup>(6)</sup>. Kronik hastalık yönetimini desteklemede bütünsel yaklaşımı hedefleyen farklı tekniklerin kullanımı fayda sağlar<sup>(7,8,9)</sup>. Kronik hastalıkları olan bireylere sürekli ve bütüncül bakım sunmada yeni teknolojilerin rolü azımsanmayacak derecede önemlidir ve kullanımı artmaktadır<sup>(7,8,10)</sup>.

Kronik hastalık yönetiminde yeni teknolojiler ile inovatif yaklaşım modelleri kolay ulaşılabilir, benimsenebilir ve sürdürülebilir durumda olmalıdır<sup>(2,5,7,8)</sup>.

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