

## Bölüm 4

# GEBELİKTE TRAVMA



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### |GİRİŞ

Gebelik sırasında yaşanan travmalar, obstetrik olmayan sebeplerden gelişen maternal mortalitenin en sık sebebi olarak görülmektedir; maternal ölümlerin %20 kadarı yaralanmalara bağlı gerçekleşmektedir (1). Her 12 gebelikten birinde travmaya bağlı komplikasyon gelişebilmektedir. Ağırlıklı olarak Amerika Birleşik Devletleri'nden gelen istatistiklere göre bu travmalar kasıtlı saldırılara ya da kaza sınıfında değerlendirilebilecek olaylara bağlı gelişir. En sık motorlu araçla trafik kazası (%48), düşmeler (%25) görülürken, partneri tarafından şiddete uğrama (%17), intihar (%3.3), cinayete teşebbüs ve ateşli silah yaralanması (%4) görülebilmektedir (2–4).

Geleneksel olarak travmalar minör travmalar ve majör travmalar şeklinde iki grupta değerlendirilirler. Abdomen yaralanması, ani sıkışma ya da ivme kaybı (kaza yerinde sıkışma, yüksekten düşme), kesici – delici cisim yaralanması varlığı mevcut ise travma minör olarak değerlendirilemez (5). Travma sonrası ağrı varlığı, vajinal kanama görülmesi, fetal hareketlerde azalma varlığında da majör travma düşünülmelidir. Majör travmalarda %50'ye varan fetal ölüm riski bildirilmiştir; ancak minör travmaların akut etkisi daha az görülse de prematür doğum ya da düşük doğum ağırlığına yol açabileceği söylenmektedir (6).

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dirilmesi tamamlanmadan obstetrik konsültasyonu genellikle istenir. Acil servis hekimlerinin ve kadın doğum uzmanlarının koordinasyonu ve iletişimi çok önemlidir. Eş zamanlı olarak multidisipliner şekilde anne ve fetüsün değerlendirilmesi olabildiğince hızlı tamamlanmalıdır. Gebeliğin getirdiği fizyolojik değişiklikler konusunda ilgili hekimlerin bilgi sahibi olmaları, bulguları daha sağlıklı değerlendirmelerini sağlayacaktır. Gebe hastaların, diğer travma hastalarına yapıldığı gibi temel tanısal işlemlerden mahrum bırakılmaması ve gerekli acil müdahalelerin geciktirilmeden yapılması gerekir. Ardından gebeliğe özgü travma komplikasyonlarının öngörülüp zamanında müdahale edilmesi anne ve fetüs ile ilgili en olumlu sonuçların elde edilmesini sağlar.

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