

Obstrüktif Uyku Apne Sendromlu Olguda Anestezi Yönetimi

19. BÖLÜM

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GİRİŞ

Obstrüktif uyku apne sendromu (OUAS); günümüz toplumlarında obezite (1,2) sıklığında artış ile paralel olarak perioperatif dönemdeki hastalarda karşımıza çıkan bir uyku bozukluğudur (3). Operasyon esnasında bu hastaların %50'sinden fazlası tanı almamış oldukları için ayrıca dikkate değer bir durum söz konusudur.

OUAS, uyku sırasında solunum gayreti ile üst havayolunun tamamen (apne) veya kısmen (hipopne) tıkanması ve sonuçta aralıklı hipoksi ve uykudan uyanma ile karakterizedir (4).

Obezite ile birlikte tüm vücuttaki yağlanmada artış boyun bölgesinde ve üst solunum yolu çevresindeki farengeal yumuşak dokularda da izlenir. Sonuçta solunum yolunda farklı düzeylerde obstrüksiyon ile birlikte hastalık şiddetinde artış meydana gelir (5).

Olgu: 49 yaş, erkek hasta

Tanı: Akut batın (yüksek olasılık apandisit)

Boy:185 cm

Kilo:135 kg

Vücut kitle indeksi (VKI): 39

Yandaş hastalıklar:

- OUAS (2 yıldır uyurken nazal pozitif hava yolu basıncı (CPAP) kullanımı mevcut)
- Kronik Obstrüktif Akciğer Hastalığı (KOA),
- Hipertansiyon (HT)

Sigara öyküsü: 4 yıldır kullanmıyor. 20 yıl 15 paket/yıl

Mallampati: 3

Amerikan Anesteziyoloji Derneği (ASA) ASA skoru: II

Elektrokardiyografi (EKG): Normal sinüs ritmi, özellik yok

Posteroanterior (PA) akciğer grafisi: Özellik yok

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Hasta HT, kontrol altında orta şiddette OUAS ve cihaz kullanım öyküsü göz önüne alınarak PABÜ'ye alındıktan sonra maske oksijen desteğine rağmen desatürasyon ve takipne izlenmesi üzerine YBÜ'de takibine karar verildi. Hasta YBÜ'e alındıktan kısa bir süre sonra önce mekanik ventilatörde oronazal maske ile CPAP desteğine alındı. Hastanın cihazı yakınından teslim alınarak kendi PAP tedavisi ile devam edildi. 36 saatlik YBÜ süresince durumu stabil seyreden hasta genel cerrahi servisine taburcu edildi. 2 gün daha genel cerrahi servisinde takip edilen hastanın postoperatif 4. günde vital bulguları stabil, analjezik gereksinimi azalmış ve eski uyku düzenine dönmüş vaziyette iken hastaneden taburcu edilmesine karar verildi.

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