

BÖLÜM 63

COVID-19 PANDEMİSİNDE RUHSAL SORUNLAR VE BAŞ ETME YOLLARI

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Giriş

Koronavirüs hastalığının (Covid 19) ilk vakası Çin'in Wuhan kentinde, 2019 yılının Aralık ayında tespit edilmiş ve 11 Mart 2020 tarihinde Dünya Sağlık Örgütü tarafından hastalık 'pandemi' olarak ilan edilmiştir (1). Virüslerin başlıca solunum yolu enfeksiyonlarına neden olduğu bilinmekle birlikte, pandemi durumlarında akut ve kronik dönemde ruhsal sorunlara da sıklıkla neden olmaktadır (2).

Bu nedenle Covid 19 virüsünün yarattığı sağlık sorunlarını doğrudan oluşturduğu bedensel sağlık problemleri ve salgın ile ilişkili anksiyete, panik ve endişe gibi ruh sağlığı sorunları şeklinde ikiye ayırabiliriz (3).

Covid 19 pandemisi ile birlikte toplumsal, ekonomik düzen etkilenmiş; birçok iş yeri kapanmış, insanların sosyal iletişimleri azalmış, tüm dünya tedavisi belirsiz, kimde nasıl seyredeceği net olmayan bir hastalıkla karşı karşıya kalmıştır. Bu nedenle salgın döneminde ruhsal sorunların gözlenmesi şaşırtıcı olmamaktadır.

COVID-19 pandemisinde ruhsal bozukluklar

Stres, kişinin bilişsel veya duygusal dengesini bozan, gerçek veya kişi tarafından algılanan bir tehdit ya da "bir kişinin baş etme işlevini aşan durumlar sonucunda ortaya çıkan tepki" olarak tanımlanabilir (4,5,6). İnsanlar günlük hayatında belirsizliklere açıktır. Bir sonraki günün bugünden daha farklı olacağının, bunun bir çeşit belirsizlik olduğunun bilincindedirler (7). Ancak salgın gibi durumlar olağan dışı durumlardır ve süreç belirsizliklerle doludur. Hastalığın seyrinin nasıl olacağı, ne kadar süreceği, hastalığı yaşayanlarda ne tür sonuçları doğuracağı, tedavisinin bulunup bulunamayacağı, sakatlık bırakıp bırakmayacağı gibi birçok belirsizlikle doludur. Alışkın olmadığı belirsizlik hali de insanda kaygı ve stres yaratır. Geçmişteki salgınlardan örnek verecek olursak; 2009 mevsimsel influenza, H1N1 salgını sırasında toplumda yüksek düzeyde anksiyete gözlenmiştir (8). Salgının başka bir boyutu olan sosyal izolasyon da kişilerde ruhsal sorunlara neden olmaktadır. Sosyal izolasyon sürecinde gelir düzeyinin az olmasının sağlık kaygısını arttırdığı gösterilmiştir (9). Ha

⁽⁹⁾ wryluck ve ark. 2003 yılında SARS salgını sırasında uygulanan karantinanın yüksek depresyon

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rında var olan bilgi kirliliği kişilerde anksiyeteye neden olabilmektedir (83). Bu nedenle medya gibi iletişim araçlarında resmi kurumların açıklamalarının psikolojik dayanıklılığı arttırabileceği düşünülebilir.

Sonuç

Sonuç olarak salgınlar hem fiziksel sağlığımızı hem de ruhsal sağlığımızı olumsuz etkileyebilen önemli sağlık sorunlarıdır. Mesafeyi sosyal mesafe değil fiziksel mesafe olarak algılamak önemlidir. İnsanlar yüz yüze olmasa da akıllı telefonlar aracılığıyla görüntülü görüşmeler yapabilmekte, duygularını birbirleriyle paylaşabilmektedir. Teknolojinin ilerlemesiyle birlikte online terapiler vasıtasıyla ruhsal şikayetlere müdahale edilmesi de kişilerin pandemide ruh sağlıklarını korumak ve güçlendirmek için hizmet veren önemli araçlardır.

Başlangıçta özellikli kişiler (ağır ruhsal hastalıkları olanlar, gebeler, yaşlılar, sağlık çalışanları vb.) olmak üzere toplum dikkatle gözlenmesi; bu kişilerin ruh sağlığı hizmetlerinden yararlanmalarını sağlamak ve psikolojik dayanıklılıklarını ve stresle baş etme kapasitelerini arttırmaya yönelik önlemler almaya çalışılması pandemide gözlenen ruhsal sorunların azalmasını sağlayacaktır.

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