BÖLÜM 4

Astım Atak ve Yönetimi

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Astım atak, astım tanılı bir hastada nefes darlığı, öksürük, göğüste baskı hissi şikayetlerinde progresif artış olması ve solunum fonksiyon testlerinde (SFT) progresif düşüş ile karakterize bir epizodtur (1). Atak, önceden astım tanısı olan hastada karşımıza çıkabileceği gibi astımın ilk çıkış bulgusu da olabilir.

Astım Atağı Neler Tetikler?

Atak genelde dışarıdan maruz kalınan bir tetikleyici ajan ile (viral üst solunum yolu enfeksiyonları, polen, hava kirliliği vs.) veya yetersiz kontrol edici tedavi nedeni ile olabilir (2,3). Atağı tetikleyen olası faktörler Tablo 1 de özetlenmiştir.

Tablo 1. Astım atağını tetikleyen olası faktörler

- Viral solunum yolu enfeksiyonları (4)
- Alerjen maruziyeti (polen, ev tozu, mantar sporları vs.) (5)
- Gıda alerjisi (6)
- Hava kirliliği (3,7)
- Yetersiz inhale kortikosteroid (IKS) tedavisi (8)

Kontrol altında olmayan astım, atak için ciddi bir risk faktörüdür (9). Ancak kontrol altındaki bir astım hastasında da astım atak olabileceği akılda tutulmalıdır (10,11). Semptom kontrolünden bağımsız olarak hastalarda atak riskini arttıran faktörler Tablo 2 de özetlenmiştir.

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- Kadın cinsiyet, ileri yaş, önceki 24 saat içinde 8 puftan fazla beta2 agonist kullanım ihtiyacı olması, önceden entübasyon gerektiren ağır atak öyküsü, önceden oral kortikosteroid kullanımı gerektiren acil servis başvurusunun olması halinde hasta yatış açısından değerlendirilmelidir (36).

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