



BÖLÜM 11

Karbonmonoksit Zehirlenmesi ve Akut İnhalasyon Hasarı

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Giriş

Karbonmonoksit (CO) renksiz, kokusuz, tatsız, gözle görülemeyen ve iritan olmayan bir tür gazdır. Akaryakıt, doğalgaz, odun ve kömür gibi yakıtların yanması sonucu CO oluşur. Uzun süre solunması sonucunda ölümcül olabilen zehirlenmeye neden olur. İnhalasyon yaralanması (duman inhalasyon yaralanması olarak da bilinir) önde gelen ölüm nedenlerinden biridir. İnspirasyonla hava yoluna taşınan sıcak duman veya kimyasal iritan maddelerin hava yolu ve akciğer dokularına verdiği hasarı ifade eder.

Karbonmonoksit Zehirlenmesi

Epidemiyoloji

Karbonmonoksit zehirlenmesi acil servislerde en çok karşılaşılan zehirlenme türlerindedir. Amerika Birleşik Devletleri'nde kazara veya kasten oluşan ölümcül zehirlenmeler arasında ikinci sıradadır(1). Hem kazara hem kasten zehirlenme sonucu yıllık ölüm 1200'den fazladır(2). Dünya genelinde ölümcül zehirlenmeler arasında ilk sırada olduğundan şüphelenilmektedir. Başlıca zehirlenme kaynağı ısınma amaçlı kullanılan yakıtlardır. Bunun yanında araç egzozları ve yangınlar da önde gelen kaynaklardır. Isınma ihtiyacının arttığı sonbahar ve kış aylarında insidans artar. Aynı evde yaşayan bireylerin tamamının etkilenmesi olasıdır. Kar ve diğer nedenlerle egzozları tıkanmış araçlarda zehirlenmeler bildirilmiştir. Kapalı garajda uzun süre çalışan araçlar ve jene-

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