

Bölüm 12

KRONİK HASTALIKLARDA TAMAMLAYICI TEDAVİLER

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Kronik hastalıklar, günümüzde dünyada ve ülkemizde yaşlı nüfusun artması ve bekenen yaşam süresinin uzaması ile birlikte giderek artmaktadır.¹ Kronik hastalıklar, dünya çapındaki tüm ölümlerin % 70'inden sorumludur. Kardiyovasküler hastalıklar, kanser, diyabet ve solunum yolu hastalıkları gibi hastalıklar her yıl 41 milyon insanın ölümüne neden olmaktadır.² Kronik hastalıklar tamamen iyileşmeyen hastalıklardır. Bu nedenle hastalığın semptomlarını azaltmak ve hastanın öz bakım işlevini ve sorumluluğunu üst düzeye çıkarmak için sürekli takip ve destek gerektiren hastalıklardır.^{1,3} Kronik hastalığa sahip olan hastaların öfke, üzüntü, ümitsizlik, çaresizlik, rol kaybı, öz güvende azalma, beden imajı değişikliği, bağımlı olma endişesi ve yaşam tarzında bozulma, sosyal izolasyon gibi sorunlar ortaya çıkabilmektedir.⁴ Bu durum hastaların hastalığın tedavisi ve semptomların hafifletmek için tamamlayıcı ve alternatif tedavi (TAT) yöntemlerine başvurmaktadır.^{5,6,7} Kronik hastalıklarda kullanılan TAT uygulamaları; refleksoloji, aromaterapi, reiki, müzik terapisi, akupunktur, masaj, gevşeme teknikleri, transkütan elektriksel sinir stimülasyonu (TENS), yoga, akupresür gibi birçok uygulamalar bulunmaktadır.

REFLEKSOLOJİ

Refleksoloji, çok eski geçmişe dayanan manipülatif ve vücut temelli uygulamalardan biridir. Vücutta enerji akışını sağlayarak vücudun kendi kendine iyileşme gücünü harekete geçirilir.^{8,9} Günümüzde TAT uygulamalarına ilginin artmasıyla birlikte sağlık hizmetlerinde uygulamaktadır.¹⁰ Refleksoloji, kulaklar, eller ve ayaklardaki belli noktaların masaj uygulanarak vücudun belirli organ ve bölgelelerinin uyarılmasına dayanan bir tekniktir.^{11,12} Ortalama 15-30 dk süren bu uygulamayla vücudun belli bölgelerinde bloke olmuş enerjii çözerek bireyin fiziksel, duygusal ve ruhsal açıdan iyi hissetmesini sağlamaktadır.⁹

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ları son yıllarda kullanımını gittikçe artmaktadır. TAT uygulamalarının daha fazla kullanımını sağlamak içinde bu uygulamaların bilimsel çalışmalarla daha fazla desteklenmesi ve farkındalıkların artırılması sağlanabilir. Bu durumda TAT uygulamaları gelecekte, tıbbi tedavilerin vazgeçilmez bir parçası haline gelebilir.

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