

Bölüm 4

Kalp Yetmezliğinde Palyatif Bakım

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Palyatif bakım (PB) uygulamasında çoğunlukla yaşamı tehdit eden ve kesin tedavisi mümkün olmayan hastalıklara sahip hastalara multidisipliner bir yaklaşımla özel bakım verilir. Bu hastaların yakınlarında ortaya çıkan sıkıntıları da gidermek için destek sağlayan yaklaşımlar uygulanır (1). Kalp hastalıklarının insidansı ve prevalansı yaşla birlikte artmaktadır. Kalp yetmezliği (KY) 65 yaş üzeri hastalarda en sık ve giderek artan hastaneye yatış nedenidir. “KY” tanısı almak insanlar için çok fazla korkutucu olmasa da KY’de sağkalım oranlarının birçok kanser tanısı alanlardan daha kötü olduğu bilinmektedir (1,2). KY tedavisinin kompleks ve pahalı olması, hayat boyu süren tedavi gereksinimi hasta ve hasta yakınları için ciddi bir problem oluşturabilir. Üstelik KY, birçok kalp hastalığının son evresidir. Eğer toplumsal bir farkındalık oluşturulabilirse, KY erken tanı ve bakımının sağlanabilmesi ile beklenen yaşam süresi ve kalitesinin artacağı düşünülmektedir. KY, hastanın geri kalan ömrünün tamamını kaplayan bir hastalık olarak düşünülecek olursa, bu hastalar için PB gereksiniminin ne kadar önemli olduğu aşikardır.

Kalp Yetmezliğinin Tanım ve Sınıflandırılması

KY, fizyopatolojik olarak kalbin kasılma ve/veya gevşeme gücünün bozulduğu veya birim zamanda pompaladığı kan miktarının normalin altına indiği bir klinik tablodur. Avrupa Kardiyoloji Derneği’ne (European Society of Cardiology: ESC) göre KY yapısal veya fonksiyonel kardiyak anormalliklerin neden olduğu, dinlenme ya da efor sırasında düşük kardiyak output ve artmış intrakardiyak basınçların sonucunda tipik semptomlara (nefes darlığı, ayak bileği ödemi ve yorgunluk) eşlik eden bulgularla (artmış juguler venöz basınç, pulmoner raller ve periferik ödem) karakterize klinik bir sendromdur. KY, kalbin dokuların metabolik ihtiyaçlarını karşılayacak ölçüde oksijen sunamasıdır (3). Kişinin efor kapasitesini düşürdüğü için normal hayatını idame

Sonuç olarak ölümlerin en sık sebebi olan kalp hastalıkları ve KY hızla artmaktadır. Bu nedenle ilerlemiş kalp hastalarına da PB hizmeti verilmeli ve kardiyologlar ile işbirliği içinde hastaların tedavi ve bakımları planlanarak beklenen yaşam sürelerini kaliteli bir şekilde geçirmeleri sağlanmalıdır.

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