

## Bölüm 21

# Palyatif Bakımda Tamamlayıcı ve Alternatif Tedaviler

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Tamamlayıcı ve alternatif tedavi yöntemleri çok çeşitlidir ve palyatif bakım (PB) hastalarında geniş çapta uygulama alanı bulabilmektedir. Hastalar, hasta aileleri ve sağlık profesyonellerinin büyük çoğunluğu küratif tedavilerin yetersiz kaldığı durumlarda tamamlayıcı ve alternatif tedavi yöntemlerinin uygulanmasına olumlu bakmaktadır. PB uzmanları da tamamlayıcı tedavileri hastalarına önerebilmektedir. Bazı onkoloji merkezleri tamamlayıcı ve alternatif tedavileri küratif yöntemlerle birlikte verebilmektedir (1-9). Bununla birlikte, PB’de tamamlayıcı ve alternatif tedavilerin faydaları ve zararları ile ilgili bilimsel kanıtlar yetersizdir. Bu konuda çok merkezli, güçlü, kontrol grubu olan randomize kontrollü bilimsel araştırmalar azdır. PB’ye kabul edilen hastaların bir kısmı hali hazırda alternatif yöntemleri uyguluyor olabilir. Bu nedenlerle, PB çalışanlarının tamamlayıcı ve alternatif yöntemler ile ilgili bilgi sahibi olması gerekir.

### **Palyatif bakımda kullanılan tamamlayıcı ve alternatif tıp yöntemlerinin sınıflandırılması (10)**

1. Alternatif tıp sistemleri
  - a. Akupunktur
  - a. Homeopati
  - b. Refleksoloji
2. Akıl-vücut tıbbının uygulandığı yöntemler
  - a. Hipnoz
  - b. İmgeleme
  - c. Gevşeme teknikleri
  - d. Destek grupları
  - e. Dini değerler
  - f. Meditasyon
  - g. Yoga

darlık ile yaşam kalitesi arasında doğrusal bir ilişki olduğu bulunmuştur (67). Sağlık çalışanlarının din ve maneviyat ile ilgili değerleri önemsemesi ve hastalar ile bu konuda iletişim kurması hastaların yaşam kalitesini arttıracaktır. Tıbbi öykü alınırken dini inanç ve manevi değerlerin hikayesi de kaydedilmelidir. Hastaların inaçlarının daha iyi anlaşılması sağlık bakımı konularında alınacak kararları etkileyecektir (65).

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