

| 1. GİRİŞ

Postpartum Kanama Sonrası Yoğun Bakım Gereksinimi: Tanımlar ve Epidemiyoloji

Postpartum kanama (PPK), doğumdan sonraki ilk 24 saat içinde 500 mL'den fazla kan kaybı olarak tanımlanır ve obstetrik acillerin başında gelir (1). Gelişmekte olan ülkelerde maternal ölümlerin önde gelen sebebi olup, küresel olarak ciddi bir halk sağlığı problemidir (2). Primer PPK, doğumu takiben 24 saat içinde görülen kanamadır; sekonder PPK ise 24 saatten sonra 12. haftaya kadar olan kanamalardır (3). Tanım ve sınıflama, doğumun tipi (vajinal/sezaryen) ve hastanın klinik özelliklerine göre detaylandırılır (1).

Epidemiyolojik olarak, PPK prevalansı ülkeden ülkeye değişmekle birlikte, birçok bölgede tüm gebeliklerin %1-5'inde görülmektedir (4,5). Şiddetli PPK vakalarında organ yetmezliği, çoklu sistem disfonksiyonu ve mortalite oranları yüksektir. Özellikle uterin atoni, plasenta previa, abruptio plasenta, doğum travmaları ve koagülopatiler PPK'nın majör nedenleridir (2,3).

Son 10 yılda, yoğun bakım ünitelerine postpartum kanama nedeniyle yatışların insidansında artış bildirilmiştir; bu, hem daha iyi tanı ve sevk hem de artan sezaryen oranları ve ileri anne yaşıyla ilişkilidir (6,7).

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yeni nesil algoritmaların ve klinik erken uyarı sistemlerinin daha titiz klinik validasyonlarla geliştirilmesi gerektiği açıktır (50).

Modern hasta yönetiminde, yatak başı ultrasonografi, non-invaziv monitörizasyon teknikleri ve hızlı laboratuvar tetkikleri gibi teknolojilerin entegrasyonu, hasta güvenliği ve tedavi etkinliğini artırmaktadır (33). Masif transfüzyon protokolleri, antifibrinolitik ajanların (traneksamik asit) erken kullanımı ve protokole dayalı organ destek tedavileri ile maternal morbidite ve mortalite oranlarında anlamlı azalma sağlanmıştır (22, 35).

Klinik uygulamada güncel gelişmelerin yanı sıra, postpartum dönemde uzun süreli fonksiyonel ve psikososyal izlem yaklaşımlarının da standardize edilmesi öne çıkmaktadır (38). Multidisipliner ekiplerin etkin iletişimi, hasta ve aile odaklı bakım modellerinin yaygınlaştırılması ve dijital sağlık uygulamalarının entegrasyonu, yakın geleceğin öncelikli araştırma alanları arasında yer almaktadır (38,50).

Bununla birlikte, düşük ve orta gelirli ülkelerde erişim ve standardizasyonun artırılması, global sağlık politikalarının önemli bir hedefi olmayı sürdürmektedir. Yapay zeka destekli izlem sistemleri, yeni biyobelirteçler ve bireyselleştirilmiş bakım yaklaşımları, postpartum kanama sonrası yoğun bakım yönetiminin geleceğini şekillendirecektir (33,38,50).

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