BÖLÜM 13

COVID-19 PATOFİZYOLOJİSİ VE TEDAVİDE KULLANILAN ROMATOLOJİK İLAÇLAR

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GİRİŞ

Koronavirüs 1949 yılından beri bilinen, sıklıkla üst solunum yolu enfeksiyonu ve pnömoniye yol açan, tek zincirli yaklaşık 60 nm boyutunda mRNA virüsüdür[1]. Virüsün virülans faktörleri, taç şeklinde olan 3'lü spike (S) glikoproteini hücre membranına tutunmayı sağlamaktadır, virüsün diğer virülans faktörleri birer glikoprotein olan membran (M), zarf (Z) ve nükleokapsid (N) proteinleridir[2]. Doğal konakları insan ve diğer memeliler (deve, köpek, domuz, kedi) başta olmak üzere tavuk ve kuşlardır. Koronavirüsler, dünyada son 2 yüzyılda 3 kez ciddi hastalıklara yol açmıştır. İlki 2002 yılında yine Çin'de başlayarak SARS'a (ciddi akut solunum yolu hastalığı) yol açmış 4 ülkeye yayılmıştır ve bilinen 774 ölüme sebep olmuştur[1,3]. Diğeri 2012 yılında MERS (ortadoğu solunum sendromu) develerden bulaştığı tahmin edilmektedir; 858 kişinin ölümüne sebep olmuştur ve 24 ülkeye yayılmıştır [4] . Aralık 2019'da ise yine Çin'de yeni bir koronavirüs salgını başlamıştır (novel-coronavirus/SARS-Cov-2) Mart 2020 de ise Dünya Sağlık Örgütü (DSÖ) tarafından COVID-19 pandemisi ilan edilmiştir[5]. COVID-19'a neden olan koronavirüsün yarasalardan kaynaklandığı düşünülmekle beraber pangolin gibi ara konaklarının olduğu da düşünülmektedir[6]. On Ocak 2021 tarihi ile 10 aydır devam etmekte olan pandemide 90.429.982 vaka bildirilmiş olup 1.939.639 kişinin ölümüne sebep olmuştur[7]. Bulaşma şekli hasta kişilerin sekresyonlarının damlacık yoluyla sağlam kişilere geçmesiyle olmaktadır. Virüsün paslanmaz çelik gibi yüzeylerde 30 güne kadar canlı kalabildiği ancak virülansının azaldığı bilinmektedir. Hali hazırda bilinen en iyi koruyucu yöntem, en az 2 metrelik sosyal mesafe, maske kullanımı ve kişisel hijyen olarak gösterilmektedir[8].

Klinik olarak COVID-19 hastalarının hastaneye başvuru sebeplerine bakıldığında en sık ateş, öksürük, balgam, nefes darlığı, halsizlik, olfaktör sinir etkilenmesi ile koku kaybı olarak görülmektedir[9]. Virüsle karşılaşma olduktan sonra klinik

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