

Bölüm 14

Hastanın Mobilizasyonunu Sağlama ve Düşmeler



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Giriş

Dünya genelinde yaşlı nüfus oranı giderek artmaktadır (1). Yaşlı insanların çoğu kalan ömürlerini evlerinde geçirmek istemektedirler (2). Evde kalabilmeleri için yıkanma, tıraş olma, giyinme ve yemek yeme gibi aktivitelerini gerçekleştirmeleri gerekmektedir. Bireyler yaş, ektsra bir hastalık, engel durumu gibi nedenlerle bu günlük yaşam aktivitelerini yerine getirmede sıkıntı yaşamaktadırlar (3). Günlük yaşam aktivitelerine yardım, bakım, ev ortamının düzenlenmesi gibi konularda evde bakım hizmetleri bakıma ihtiyacı olan kişilere destek olmaktadır.

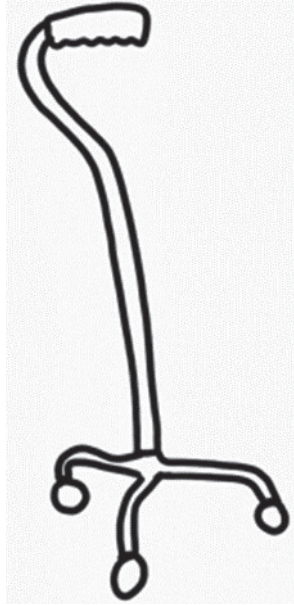
Evde bakım hizmetlerinin kısa ve uzun vadeli hizmetleri vardır. Daha kısa vadede fiziksel aktivite, egzersiz gibi problem odaklı olabilirken uzun vadede kişisel bakım, bahçe işlerinde destek, sosyal destek gibi hizmetleri vardır (4,5).

Araştırmacılar yatan hastaların hareketsizliğinin kardiyovasküler, solunum, gastrointestinal, kas-iskelet sistemi, böbrek, endokrin ve sinir sistemlerine yönelik birçok negatif sonuçlar belirtmişlerdir (6,7). Yatan hasta hareket-

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SONUÇ

Hareket kısıtlılığı nedeniyle hastalarda hastalıklarının yanında inaktiviteye bağlı problemler de çıkabilmektedir. Hastalar var olan potansiyelleri doğrultusunda mobilize edilmeli ve aktif olmaya teşvik edilmelidirler.

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