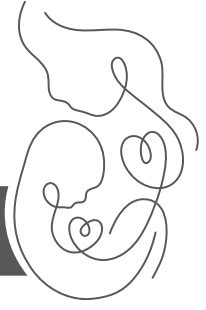


5. BÖLÜM



ÇOKLU DUYUSAL (SNOEZELEN) DOĞUM ORTAMI

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GİRİŞ

Kadınların hayatları boyunca hatırlayacakları temel bir yaşam olayı olan doğum eylemi; 4 evreden oluşmaktadır (1,2). Bu evrelerin birincisi servikal açıklığın 0 cm'den 10 cm'e kadar ilerlediği süredir. Birinci evre de kendi içinde latent ve aktif faz olarak ikiye ayrılmaktadır (3). Dünya Sağlık Örgütü 2018 yılında yayınladığı intrapartum bakım rehberinde olumlu bir doğum deneyimi için doğum eyleminin birinci evresinin latent fazını, 5 cm'ye kadar geçen süre olarak tanımlamaktadır (3,4). Yine aynı rehberde birinci evrenin aktif fazını, önemli derecede servikal efasmanın varlığı ve 5 cm'den tam dilatasyona kadar geçen süre olarak belirtilmektedir (5). Aktif fazın süresi ise yaklaşık olarak nulliparlarda 5.8 saat, multiparlarda 2.5 saat olarak bilinmektedir (6). Dünyada ve ülkemizde doğumun tüm evrelerinde sunulan sağlık hizmetlerinde bakım temelli yaklaşım benimsenmektedir (4,6). Kadınların doğum eylemi boyunca bulunduğu ortam, bu yaklaşım için önemli belirleyicilerden bir tanesidir (7,8,9). Travay süreci olarak da adlandırılan birinci evrede, ülkemizde kadınların bu dönemi genellikle hastane ortamında, doğumhane biriminde geçirdikleri bilinmektedir (10). Bu tür ortamlar sempatik ve parasempatik aktivite arasındaki dengeyi bozabilmekte, stres hormonlarının aktivitesinin artmasına ve oksitosin salınımının

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Resim 3. Yazarlar tarafından “Çoklu Duyusal (Snoezelen) Ortamın Doğum Sonuçları, Yenidoğan Sağlığı Parametreleri ve Doğum Hafızası Üzerine Etkisi” isimli çalışma için oluşturulan Çoklu Duyusal Ortam Örneği

SONUÇ

Çoklu duyuşsal ortamların doğum sürecinde kullanımı, anne adaylarının fiziksel ve psikolojik rahatlamasını sağlayarak doğum deneyimini iyileştiren bir yöntem olarak değerlendirilmektedir. Mevcut literatür, bu ortamların doğum süresini kısaltabileceğini, anksiyete ve ağrı algısını azaltabileceğini ve farmakolojik müdahaleye olan ihtiyacı azaltabileceğini göstermektedir. Ancak, bu konuda daha fazla randomize kontrollü çalışmaya ihtiyaç duyulmaktadır. Doğumhanelerde çoklu duyuşsal (snoezelen) ortamların yaygınlaştırılmalı, anne ve bebek sağlığını destekleyici bir uygulama olarak değerlendirilmeli ve sağlık profesyonelleri tarafından doğum sürecinde etkin bir şekilde kullanılmalıdır.

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