

# Nörolojik Acillerde Tanı ve Tedavi Prensipleri

**Editörler**

Fettah EREN

Ayşegül DEMİR



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Fettah EREN	Vadi Matbaacılık
ORCID iD: 0000-0001-6834-0827	
Ayşegül DEMİR	<b>Bisac Code</b>
ORCID iD: 0000-0002-5444-9837	MED056000
<b>Yayın Koordinatörü</b>	<b>DOI</b>
Yasin DİLMEN	10.37609/akya.996

## UYARI

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## GENEL DAĞITIM

### Akademisyen Kitabevi A.Ş.

Halk Sokak 5 / A Yenışehir / Ankara  
Tel: 0312 431 16 33  
siparis@akademisyen.com

www.akademisyen.com

# Önsöz

Nörolojik acillere güncel yaklaşım ve tedaviye öncelik veren bu kitabı yoğun mesailer arasında hazırlayan tüm yazarlara teşekkür ederiz. Bu kitap öncelikle nöroloji ve acil tıp uzman ve asistanları hedef alınarak hazırlanmış olmakla birlikte birinci basamak tıp merkezlerinde çalışmakta olan aile hekimi ve diğer branş hekimlerinin de yararlanabileceği şekilde hazırlanmıştır. Tedavi şemaları ve öneriler bilimsel çalışma ve kılavuzlar doğrultusunda hazırlanmıştır. Nörolojik hastalıkların akut müdahale gerektirmesi yanında ciddi özürnlük ve ölümlerle sonuçlanabilecek bir tablo meydana getirebildiği düşünülürse bu konunun önemi daha da anlaşılabilir olmaktadır. Kitabın kısa bir süre içerisinde basılması için gece-gündüz demeden çalışan Akademisyen Yayınevi çalışanlarına da teşekkür ederiz. Bu kitabın meslektaşlarımızın yanlarında her daim yararlanabilecekleri bir kaynak olmasını temenni ediyoruz.

**Dr. Öğr. Üyesi Fettah EREN**

# İçindekiler

<b>BÖLÜM 1</b>	<b>NÖROLOJİK ACİLLERE GİRİŞ DEĞERLENDİRME VE TANI YÖNTEMLERİ .....</b>	<b>1</b>
	<i>Şeyda ÇEVİK GÜNERİ</i>	
<b>BÖLÜM 2</b>	<b>BİLİNÇ BOZUKLUKLARI VE BİLİNCİ KAPALI HASTAYA YAKLAŞIM.....</b>	<b>31</b>
	<i>Tülin AKTÜRK Umut Doğu AKTÜRK</i>	
<b>BÖLÜM 3</b>	<b>BAŞAĞRISINA ACİL YAKLAŞIM.....</b>	<b>45</b>
	<i>Ahmet KÜÇÜK</i>	
<b>BÖLÜM 4</b>	<b>EPİLEPTİK NÖBETE VE STATUS EPİLEPTİKUSA YAKLAŞIM.....</b>	<b>67</b>
	<i>Oruç ŞAHİN</i>	
<b>BÖLÜM 5</b>	<b>VERTİGOYA ACİL YAKLAŞIM.....</b>	<b>111</b>
	<i>Nihal TEKİNALP</i>	
<b>BÖLÜM 6</b>	<b>İNMEDE ACİL TANI VE TEDAVİ YÖNTEMLERİ .....</b>	<b>129</b>
	<i>Hikmet SAÇMACI Meryem Tuba SÖNMEZ</i>	
<b>BÖLÜM 7</b>	<b>HAREKET BOZUKLUĞUNDA ACİL DURUMLARA KLİNİK YAKLAŞIM .....</b>	<b>151</b>
	<i>Meltem KARACAN GÖLEN</i>	
<b>BÖLÜM 8</b>	<b>İNFLAMATUVAR NÖROPATİLERDE ACİL TANI VE TEDAVİ YÖNTEMLERİ .....</b>	<b>161</b>
	<i>Onur BULUT</i>	



<b>BÖLÜM 9</b>	<b>NÖROMUSKULER KAVŞAK HASTALIKLARINDA ACİL YAKLAŞIMLAR.....</b>	<b>175</b>
	<i>Aysun Hatice AKÇA KARPUSOĞLU</i>	
<b>BÖLÜM 10</b>	<b>TRAVMATİK NÖROLOJİK ACİLLERE YAKLAŞIM .....</b>	<b>193</b>
	<i>Ahmet ÇAĞLAR</i> <i>Muhammet HACIMUSTAFAOĞLU</i>	
<b>BÖLÜM 11</b>	<b>ENFEKTİF NÖROLOJİK ACİLLERDE TANI VE TEDAVİ YÖNTEMLERİ.....</b>	<b>207</b>
	<i>Şule ÖZDEMİR ARMAĞAN</i>	
<b>BÖLÜM 12</b>	<b>COVID-19 ve TEDAVİ İLİŞKİLİ ACİL NÖROLOJİK DURUMLAR.....</b>	<b>237</b>
	<i>Nurcan AKBULUT</i>	

# Yazarlar

**Uzm. Dr. Nurcan AKBULUT**  
Bayburt Devlet Hastanesi Nöroloji Kliniđi  
ID 0000-0002-6609-0016

**Uzm. Dr. Tülin AKTÜRK**  
Kartal Dr. Lütfi Kırdar Şehir Hastanesi,  
Nöroloji Kliniđi  
ID 0000-0003-1818-1578

**Uzm. Dr. Umut Dođu AKTÜRK**  
Emsey Hospital, Beyin Cerrahi Kliniđi

**Uzm. Dr. Şule ÖZDEMİR ARMAĞAN**  
Konya Şehir Hastanesi  
ID 0000-0001-9137-7150

**Uzm. Dr. Onur BULUT**  
(Klinik Nörofizyoloji), Konya Şehir Hastanesi  
ID 0000-0001-7869-9235

**Uzm. Dr. Ahmet ÇAĞLAR**  
Aksaray Eğitim ve Araştırma Hastanesi  
ID 0000-0002-0161-1167

**Uzm. Dr. Meltem KARACAN GÖLEN**  
Konya Numune Hastanesi  
ID 0000-0002-2422-9470

**Uzm. Dr. Şeyda ÇEVİK GÜNERİ**  
Dr. Ersin Arslan Eğitim Araştırma Hastanesi  
Nöroloji Servisi  
ID 0000-0002-1756-5062

**Uzm. Dr. Muhammet HACIMUSTAFAOĞLU**  
Aksaray Eğitim ve Araştırma Hastanesi

**Uzm. Dr. Aysun Hatice AKÇA KARPUZOĞLU**  
Konya Özel Medova Hastanesi, Nöroloji  
Kliniđi  
ID 0000-0002-3558-1218

**Uzm. Dr. Ahmet KÜÇÜK**  
Sađlık Bilimleri Üniversitesi Beyhekim E.A.H.  
Nöroloji, Konya  
ID 0000-0003-1547-341X

**Uzm. Dr. Oruç ŞAHİN**  
Sađlık Bilimleri Üniversitesi Beyhekim E.A.H.  
Nöroloji, Konya  
ID 0000-0003-2552-5527

**Uzm. Dr. Nihal TEKİNALP**  
Necip Fazıl Şehir Hastanesi  
ID 0000-0002-1350-8837

**Dr. Öğr. Üyesi Hikmet SAÇMACI**  
Yozgat Bozok Üniversitesi Tıp Fakültesi,  
Nöroloji AD.  
ID 0000-0003-1480-0562

**Dr. Öğr. Üyesi Meryem Tuba SÖNMEZ**  
Yozgat Bozok Üniversitesi Tıp Fakültesi,  
Nöroloji AD.  
ID 0000-0003-4418-7906



## BÖLÜM 1

# NÖROLOJİK ACİLLERE GİRİŞ DEĞERLENDİRME VE TANI YÖNTEMLERİ

Şeyda ÇEVİK GÜNERİ<sup>1</sup>

Nörolojik hastalıklarda bazı semptom ve bulgular akut gelişmesine rağmen, bazı bulgular zamanla ortaya çıkmaktadır.

Hastalarda doğru tanının hızlı bir şekilde konulabilmesi için hastanın şikayeti, şikayetlerinin nasıl başladığı, hastanın detaylı nörolojik muayenesi sonrası semptom ve bulguların anatomik lokalizasyonu ve ayırıcı tanı açısından laboratuvar, radyoloji ve elektrofizyolojik testlerin bütünsel olarak değerlendirilmesi gerekmektedir.

Acile başvuran hasta sistematik bir sıra ile hızlıca değerlendirilmelidir.

### 1. ÖYKÜ ALMA

Öncelikle bazı temel bilgiler yaş, cinsiyet, hangi eli daha çok kullandığı, mesleği öğrenilmeli sonrasında hastanın şikayetinin ne olduğu şikayetlerinin ne zaman, nasıl başladığı ne kadar zamandır devam ettiği ve eşlik eden başka bulgular olup olmadığı detaylıca sorgulanmalıdır.

Hastanın eşlik eden başka hastalığının olup olmadığı kullanıyorsa kullandığı ilaçlar, alkol, sigara, madde kullanımı ve sosyal durumuna bağlı toksin maruziyeti (meslek hastalığı) mutlaka not edilmelidir. Hipertansiyon, diyabet, kalp hastalıkları ve genetik hastalık öyküsü sorgulanmalıdır.

Vital bulgular olan ateş, nabız, tansiyon, solunum sayısı, oksijen saturasyon değeri, EKG bulguları mutlaka muayeneye başlamadan değerlendirilmelidir.

<sup>1</sup> Uzm. Dr., Dr. Ersin Arslan Eğitim Araştırma Hastanesi Nöroloji Servisi, drseydacevik@hotmail.com



Kitle nedeniyle KİBAS, koagülopati, BOS dolaşımında obstrüksiyon, ponksiyon alanında enfeksiyon varsa LP kontrendikedir (7).

## EEG (Elektroensefalografi )

Nöbetleri doğrulamak, lokalize etmek veya klasifiye etmek için kullanılan bir testtir.

## EMG (Elektromiyografi)

EMG-ENMG (elektromyografi – elektronöromyografi) kasları veya sinirleri etkileyen hastalıkları tespit edebilmek için kullanılan elektrofizyolojik testlere denir. Klinikte tanı koymak ve yapılacak tedaviye yön vermek için kullanılır. En önemli acil kullanımı akut demiyelinizan polinöropati olan Guillain-barre sendromunun ayırıcı tanısı içindir.

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## BÖLÜM 2

# BİLİNÇ BOZUKLUKLARI VE BİLİNCİ KAPALI HASTAYA YAKLAŞIM

Tülin AKTÜRK<sup>1</sup>  
Umut Doğu AKTÜRK<sup>2</sup>

### GİRİŞ

Bilinçlilik kişinin kendisinin ve çevresinin anlamlı bir şekilde farkında olma halidir. Koma, hastaların dış uyaranlara yanıt verme yeteneğinin etkilenerek yanıt vermediği veya uyandırılmaz olduğu klinik durumdur. Konfüzyon, somnolans ve stupor ise uyanıklık ile koma arasında kalan klinik durumları ifade eder.

Beyin sapında asendan retiküler aktive edici sistem (ARAS) (aqueduct etrafında dağılmış birkaç adet nükleus, raphe ve locus cereleus), talamus ve hipotalamus gibi diensefalik yapılar ve serebral korteks normal bilincin oluşumunda rolü olan anatomik yapılardır. ARAS' ın en önemli parçası olan retiküler formasyon, periaquaduktal bölgede bulunur ve ponsun tegmentum bölgesinden hipotalamusa kadar uzanır. Yaygın ve dağınık yerleşimli bu nöron topluluğunun dorsal projeksiyonu talamusun intralaminer nükleuslarına uğrayarak serebral kortekse ulaşırken, ventral projeksiyonu direk olarak önbeyine uzanım gösterir. Retiküler formasyonun bağlantıları talamik retiküler nükleusa ve oradan kortekse, hipotalamusa, oradan da bazal önbeyine ve limbik sisteme ve ayrıca beyinsapında median raphe nükleusu ve lokus cereleusdan ilişkili kortikal yapılara diffüz projeksiyonlar şeklindedir.

ARAS' a doğrudan etkilenmesine neden olan üst beyin sapındaki fokal lezyonlar veya serebral hemisferlerin iki taraflı ve yaygın etkilenimi ile bilinç bozukluğu

<sup>1</sup> Uzm. Dr., Kartal Dr. Lütfi Kırdar Şehir Hastanesi, Nöroloji Kliniği, tulin\_birlik@hotmail.com

<sup>2</sup> Uzm Dr., Emsey Hospital, Beyin Cerrahi Kliniği, umutdoğuaktürk@hotmail.com



İleri yaş, koma süresinin uzun olması, beyinsapı reflekslerinin alınmaması kötü prognostik faktörlerdir.

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## BÖLÜM 3

### BAŞAĞRISINA ACİL YAKLAŞIM

Ahmet KÜÇÜK<sup>1</sup>

İnsanlarda ağırlı tablolardan en bilineni başağrısıdır. Başağrısı nörolojik hastalıkların haricinde birçok hastalıklara da eşlik edebilen bir semptomdur. Acil servis ve nöroloji poliklinik başvurularının büyük çoğunluğunu primer başağrılarından migren ve gerilim başağrısı oluşturmaktadır. Hayatı tehdit edici sebepler ise çok az kısmını oluşturmaktadır. Hastaların %3.8'inde sekonder baş ağrısı bulunmaktadır (1).

Baş ağrısına acil yaklaşımda hastalardan anamnez alırken sorulması gereken önemli sorular vardır, bunlar tanıyı koymada bize çok yardımcı olmaktadır. Baş ağrısı anamnezi alırken aşağıdaki parametreler mutlaka sorulmalıdır.

#### BAŞAĞRISI;

- Ne zamandır var?
- Kaç yaşında başladı?
- Başlama şekli nasıldı?
- Ne sıklıkla geliyor?
- Karakteri nasıl? (Zonklayıcı, sıkıştırıcı, künt, patlayıcı, oyucu, yanıcı, saplayıcı, elektrik çarpması, şimşekvari gibi)
- Lokalizasyonu nedir? (tek ya da çift taraf, jeneralize, gözde, göz çevresinde, ağız içi, frontal, parieto-temporal, oksipital, kulak etrafı veya içi)
- Şiddeti nasıl? (Hafif, orta, şiddetli, dayanılmaz, hayatımın en şiddetli ağrısı gibi, ağrının şiddeti sorulurken önceki ve yeni ağrılar karşılaştırılmalıdır)

<sup>1</sup> Uzm. Dr., Sağlık Bilimleri Üniversitesi Beyhekim E.A.H. Nöroloji, Konya, ahmetkucuk426120@gmail.com



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1. Henry GL. Headache. In: Rosen P, Barkin MR. *Emergency Medicine Concepts and Clinical Practice (4th Ed)* St.Louis,Mosby-Year Book. 1998; 2119-31
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## BÖLÜM 4

# EPİLEPTİK NÖBETE VE STATUS EPİLEPTİKUSA YAKLAŞIM

Oruç ŞAHİN<sup>1</sup>

### NÖBET NEDİR ?

Epilepsi nöbeti beyindeki anormal aşırı deşarjlara ve senkron nöronal aktiviteye bağlı çeşitli bulgu ve işaretlerin geçici olarak ortaya çıkmasına denir. Nöbet bir semptomdur.

### EPİLEPSİ NEDİR ?

Epilepsi beyinin nöbet geçirme potansiyeli ile karakterize olan ve bu durumun nörobiyolojik , kognitif, psikolojik ve sosyal sonuçları ile birlikte ortaya çıkan bir durumdur. Tekrarlayıcı provoke olmamış nöbetlerin olduğu veya nöbetlerin tekrarlama eğilimi olan kronik durumdur. Epilepsi tanımı için en az bir nöbet olması gerekir(1).

### EPİLEPSİ PATOLOJİSİ

Dünya nüfusunun yaklaşık %1-2'si etkileyen epilepsi bir beyin bozukluğu/hastalığı olarak tanımlanmaktadır. Genetik yatkınlığın yanında, epileptogeneze neden olan faktörlerin başında beyini etkileyecek düzeye ulaşan akut enfeksiyonlar gelmektedir. Ayrıca, travmatik beyin hasarı, hipoglisemi diyabet, beyin içi kanama, beyin tümörü, febril nöbetler ve status epileptikus gibi birçok akut ve kronik patolojiler de fokal neokortikal epilepsinin ortaya çıkmasını tetikleyebilirler.

<sup>1</sup> Uzm. Dr., Sağlık Bilimleri Üniversitesi Beyhekim E.A.H. Nöroloji, Konya, oruc-sahin@hotmail.com



lirsiz, tartışılan ana patofizyolojik teoriler nöronal tükenme ve hiperinhibisyonudur (125). Nöbet sonrası TP insidansı %0,6–13,4'tür. TP hastaları tipik olarak daha yaşlıdır ve sıklıkla daha fazla antiepileptik ilaç almaktadır. Klinisyenlerin TP'yi diğer klinik endikasyonlardan ayırt etmesine yardımcı olabilecek birkaç faktör sunulmuştur: 1- TP, genellikle kısmi nöbetler veya JTKN'den sonra gözlenir. 2-Epilepsi yaşlılık veya inme öyküsü ile ilişkiliyse TP insidansı daha fazladır. 3-TP'nin süresi, nöbet tipine veya hastanın kortikal yapısal hasar yaşayıp yaşamadığına bağlı olarak dakikalardan günlere kadar değişebilir. 4- TP etiyojisi, nöbet sonrası serebral perfüzyon anormalliği ile ilişkilidir (124).

## SONUÇ

Sonuçta SE acil müdahale gerektiren bir durumdur. SE dinamik bir süreç olduğundan tedavi algoritmaları net sınırlarla hala belirlenememiştir. Birçok karşılaştırmalı ilaç çalışmaları mevcuttur belirli oranlarda ilaçların birbirlerine üstünlüğü mevcuttur. Çok yönlü bir yaklaşım ayırıcı tanı erken müdahale dinamik bir süreç olması ve bunların bir bütün olarak ele alınması bunun bir sebebi sayılabilir. Son zamanlarda nöroloji disiplininin dünyaya duyurduğu "zaman eşittir beyin" kavramı burada da geçerlidir. SE'de ilk yaklaşım A-B-C ve sonrasında ayırıcı tanının yapılması, tedaviye hızla başlanması mortalite ve SE prognozu açısından çok önemli yer tutmaktadır. Güncel veriler, tedaviler yıllar içinde değişmekte, gelişmekte ve pratik uygulamaya girmektedir. SE 'de de gelecekte tedavi yaklaşımında değişiklikler olacaktır.

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## BÖLÜM 5

# VERTİGOYA ACİL YAKLAŞIM

Nihal TEKİNALP<sup>1</sup>

### GİRİŞ

Vertigo, toplumda oldukça yaygın olup, nörolojik aciller arasında ilk sıralarda yer alır. Hasta çevredeki her şeyin ve kendisinin hareket ettiğini hisseder. Hastalar sıklıkla bu hissi dönme hissi olarak tanımlar (1). Genel nüfusun yaklaşık dörtte birini etkiler. Hem yaygın olması hem hayatı tehdit edici hastalıkların belirtisi olması, hem de önemli ölçüde iş gücü kaybına neden olması, vertigoya doğru ve hızlı tanı konulmasının önemini ortaya koyar.

Dizziness, vertigo ile sık karıştırılan bir durum olup, kafanın hafifliği, dengesizlik, hareketle şikayetlerin artması, sallanma veya itilme hissi olarak tanımlanır (2). Dizziness dört grupta sınıflandırılır:

1. Dönme hissi yani vertigo (vakaların %50'sinden fazlası)
2. Presenkop (beyin perfüzyonunun azalmasına bağlı olarak bayılacak gibi hissetme)
3. Kafada hafiflik (sersemlik hissi)
4. Dengesizlik (dengesizlik hissi).

Vertigoyu dizzinessin diğer çeşitlerinden ve baş dönmesinin diğer nedenlerinden ayırt etmek için iyi bir anamnez almak ve fizik muayene oldukça önemlidir.

Vertigo ile başvuran bir hastada öncelik vital bulguların kontrol edilmesidir.

<sup>1</sup> Uzm.Dr., Necip Fazıl Şehir Hastanesi, ntekinalp23@hotmail.com



## 6.2. Vestibüler Rehabilitasyon Egzersizleri (Cawthorne-Cooksey Egzersizleri)

Bu egzersizler, vestibüler semptomlu hastaların hızlı bir şekilde normal aktivitelere dönmelerine yardımcı olur. Yatakta veya otururken baş hareket ettirilmeden gözler bir yandan diğer yana, sonra yukarı ve aşağı hareket ettirilir. Bu hareketler 10 ila 20 kez tekrarlanır. Yavaşça başlanır, sonra daha hızlı hareket etmeye çalışılır. Ardından baş yavaşça bir yandan diğer yana ve yukarı-aşağı hareket ettirilir ve gözler açık tutulur ve ardından gözler kapatılır. Başlamak için yavaş hareket edilir ve hasta kendini rahat hissettikçe daha hızlı hareket ederek 10 ila 20 kez tekrarlanır (30).

## SONUÇ

Nörolojik aciller arasında ilk sıralarda yer alan vertigo, nedenleri dikkate alındığında basit medikal tedavi veya manevralarla tedavisi mümkün olan bir durumken, altta yatan kardiyak ya da nörolojik bir patolojiye bağlı olarak hayatı tehdit edici duruma kadar geniş bir dağılım gösterebilir. Bu hayati durumların önüne geçmek için vertigo şikayetiyle gelen hastalarda ayırıcı tanının geniş tutulması gereklidir. Hastaların şikayetleri dikkatli değerlendirilerek vertigo ve dizziness ayrımı yapılmalıdır. Her hastada ayrıntılı anamnez alınmalı, vital bulgular ve fizik muayene detaylandırılmalıdır. Periferik nedenlerin daha sık görüldüğü dikkate alınır, iyi bir anamnez ve fizik muayene ile gereksiz görüntüleme yöntemlerinden kaçınılabilir. Özellikle yaşlılarda kardiyovasküler sebeplerin ve santral nedenlerin ön planda yer aldığı bilinmeli ve bu yaş grubu hastalarda daha dikkatli olunmalıdır. Acil tedavide öncelikle vertigo nedeni hızlı bir şekilde tespit edilmeli, tedaviler nedene yönelik olmalıdır. BPPV'de medikal tedavinin yerine spesifik manevralar yapılmalıdır. Gereksiz medikasyondan kaçınılmalıdır. Semtomatik düzelme sağlayan İV, İM ve oral çok sayıda ilaç grubundan yan etkileri ve kontrendikasyonları da dikkate alınarak, nedene yönelik en uygun olan ilaç seçilmelidir.

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## BÖLÜM 6

# İNMEDE ACİL TANI VE TEDAVİ YÖNTEMLERİ

Hikmet SAÇMACI<sup>1</sup>

Meryem Tuba SÖNMEZ<sup>2</sup>

### 1. İNME İLE İLGİLİ GENEL TANIMLAR

İnme, genel olarak iskemik ve hemorajik olarak sınıflandırılmakla birlikte patofizyolojik süreçleri, klinik seyir ve sonuçları ile akut tedavi yaklaşımları birbirinden farklı olan alt tiplere ayrılır. İnme alt tipleri: intraserebral kanama (İSK), spontan subaraknoid kanama (SAK)'dan oluşan hemorajik inmeler ile tromboz, emboli ve sistemik hipoperfüzyona bağlı beynin bir bölümüne besin ve oksijen desteğinde yetersizlik ile sonuçlanan iskemik inmelerdir (1). İnmeli hastaların uzun vadeli tedavisi, nüksleri önlemek ve rehabilitasyon olmakla birlikte akut dönemde farklı tedavi prensipleri uygulanmaktadır.

Modern müdahalelerden önce, inme sonrası erken ölüm oranı neredeyse %10'du ve yaşayanların dörtte biri başkalarına bağımlıydı (2). Son yıllarda tanı ve tedavi basamağındaki gelişmeler ile birlikte akut iskemik inme belli koşullar altında tedavi edilebilir nörolojik acile dönüştürülerek büyük aşamalar kaydetmiştir. Ancak teşhis ve doğru tedavinin mümkün olan en kısa sürede uygulanması gereklidir (3). Günümüzde nörogörüntüleme, akut inmelerin tespiti, karakterizasyonu ve prognozu için önemli bir araç haline gelmiştir (4).

Genel risk faktörleri – Yaş, cinsiyet, ırk, aile öyküsü, hipertansiyon, dislipidemi, diyabet, kalp hastalıkları, önceki inme öyküsü, sigara kullanımı, lohusalık dönemi ile

<sup>1</sup> Dr. Öğr. Üyesi, Yozgat Bozok Üniversitesi Tıp Fakültesi, Nöroloji AD, hsacmaci@hotmail.com

<sup>2</sup> Dr. Öğr. Üyesi Yozgat Bozok Üniversitesi Tıp Fakültesi, Nöroloji AD, mtubas@gmail.com





sine neden olabilir. Serebral vazospazm klinik olarak 4.günden sonra görülür ve 14.güne kadar geriler. Baş ağrısında artış, subfebril ateş, nörolojik tabloda kötüleşme vazospazmı düşündürür. Bu olgularda BT, transkranyal Doppler ultrasonografi ve DSA yapılabilir. Serebral vazospazmı karşılaşmamak için operasyon öncesinde kan basıncının kontrollü düşürülmesi, profilaktik nimodipin kullanımı, hastanın ilk 72 saat içinde cerrahi alınması önerilir (5, 44). Güncel yayınlar anevrizmatik SAK sonrası gelişebilecek serebral vazospazmın önlenmesi ve tedavisinde seçici bir "Endotelin A Reseptör Antagonisti" olan "Clazosentan" üzerinde durmaktadır (45).

Hidrosefali akut veya kronik dönemde karşılaşılabilecek bir komplikasyondur. İntraventriküler kanama söz konusu ise ilk 24 saatte ortaya çıkabilir. Eksternal ventriküler drenajın, özellikle de hastanın bilinç düzeyinin kötü olduğu durumlarda en uygun tedavi şekli olduğu bildirilmektedir. Ancak akabinde anevrizma kapatılmamışsa yeniden kanama riskini yükseltir. Kronik hidrosefali geliştiğinde ventriküloperitoneal ya da lumboperitoneal şant cerrahisi gerekebilir (46).

SAK seyri sırasında ortaya çıkabilecek diğer komplikasyonlar başlıca epileptik nöbetler, sıvı-elektrolit dengesizlikleri (uygunsuz ADH sendromu, tuz kaybettirici sendrom, diabetes insipitus), solunumsal (aspirasyon pnömonisi) ve kardiyovasküler (kardiyopulmoner olaylar) komplikasyonlar ile diğer sistemik tromboembolik (pulmoner emboli, derin ven trombozu) olaylar olarak sıralanabilir (43).

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## BÖLÜM 7

# HAREKET BOZUKLUĞUNDA ACİL DURUMLARA KLİNİK YAKLAŞIM

Meltem KARACAN GÖLEN<sup>1</sup>

### GİRİŞ

Hareket Bozuklukları istemsiz hareketler ve/veya istemli hareketleri sürdürmede zorlanma ile karakterize akut ve kronik hastalıkların tümünü tanımlar. Hareket bozukluğu acil durumları ise hastaların saatler veya birkaç gün içinde hareket bozukluğu geliştirmesi ve hastanın uygun şekilde teşhis ve tedavi edilemez ise morbidite ve mortalitenin ortaya çıkabileceği bir durumdur (1). Semptomların ve belirtilerin şiddeti genellikle hastaların tedavi almasını gerektirir. Bu grup hastalar acil servis, poliklinik muayenesi ve yoğun bakım takipleri sırasında karşımıza çıkabilir. Hastaları tanımak tedavinin önemli bir basamağını oluşturur, bu da ayrıntılı muayene ve güvenilir bir anamnezle mümkündür. Hastaların ilaç kullanımları, ko-morbid hastalıkları, akut dönemde kullanılan medikasyonlar, toksik maruziyetleri ayrıntılı sorgulanmalıdır. Ayrıntılı nörolojik muayene ile hastanın hareket bozukluğu tanımlanmalıdır. Gerekli görülen laboratuvar tetkikleri ve santral görüntülemeler planlanmalıdır. Anamnez, klinik ve yardımcı tetkikler neticesinde ekartasyon tanıları gözden geçirilmeli ve hareket bozukluğu tanımlanarak tedavi planı yapılmalıdır (1).

Bu bölümde klinik pratik de en sık gördüğümüz hareket bozukluğu acilleri kollarına değineceğiz.

<sup>1</sup> Uzm. Dr., Konya Numune Hastanesi, drmeltemkaracan@hotmail.com



Tedavi konusunda hastaların metabolik hemodinamik sürecini düzenlemeye yönelik tedaviler uygulanır. Hidrasyon, monitorizasyon vital bulguların stabilizasyonu, ateşin düşürülmesi ilk aşamada tedavinin temelini oluşturur. Distoni tedavisi için vaka bildirimleri ile uygulanan tedavilerin çok çeşitli olduğu bilinmektedir. Tedavide tetrabenazin, baklofen, klormetiazol, antikolinerjikler, dopamin reseptör blokerleri, antiepileptikler, levadopa, asetozolamid, benzodiazepinler, barbitüratlar, son dönemde ise anestezi ilaçları ve musküler blokerler tercih edilebilir. Bunların dışında cerrahi seçeneklerde baklofen pompası, sterotaksik cerrahi ile talamotomi, pallidotomi, ve DBS uygulanabilir (35).

## AKUT KORE-HEMİBALLİSMUS

Hemiballismus düzensiz, geniş amplitüdü, ekstremiteler proksimal ve aksiyal kasları etkileyen nadir görülen bir hareket bozukluğudur. Hemiballismus ve hemikore birbiriyle ilişkilendirilmiş olup klinik sendromu tanımlamak için hemikore-hemiballismus birlikte kullanılmaktadır. 36 Akut vasküler lezyonlar bazal ganglia düzleminde orta ve arka serebral arter sulama alanında ise akut kore -hemiballismus şeklinde hareket bozuklukları gözlenir. Kontralateral subtalamik nükleusu etkileyen lezyonlarda hemiballismus gözlenir. Bunun dışında ipsilateral subtalamik nükleus, kaudat nükleus, putamen, talamus, substantia nigra ve premotor ve motor korteks lezyonlarında da gözlenebilir (37).

Vasküler olaylar dışında yer kaplayan lezyonlar, multiple skleroz, hiperglisemi, hipoglisemi, hipertroidizm, kardiyak cerrahi sonrası gelişen kore (posy-pumb kore), santral sinir sistemi infeksiyon-otoimmün hastalıkları, kore gelişimine neden olabilecek diğer nedenlerdir. Hastaların primer nedenlerine göre semptomatik tedavi planı yapılmalıdır (30).

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## BÖLÜM 8

# İNFLAMATUVAR NÖROPATİLERDE ACİL TANI VE TEDAVİ YÖNTEMLERİ

Onur BULUT<sup>1</sup>

Akut inflamatuvar polinöropatiler, başta akut inflamatuvar demyelinizan polinöropati (AIDP) olmak üzere varyantları ve diğer alt tipleri ile birlikte Guillain-Barré Sendromu (GBS) başlığı altında değerlendirilir. Bu sendrom, genellikle bir solunum yolu enfeksiyonu veya gastroenteritten yaklaşık 10 – 14 gün sonra ortaya çıkan akut veya subakut başlangıçlı bir poliradikülönöropatidir (1). 1916 yılında başlıca motor güçsüzlük, tendon refleksi kaybı ve beyin-omurilik sıvısında (BOS) hücrel reaksiyon olmadan albümin yüksekliği fenomenleri ile tanımlanmış ve adlandırılmıştır (2).

### EPİDEMİYOLOJİ

Batı ülkelerindeki çalışmaların ağırlıklı olarak dahil edildiği bir meta-analize göre insidans hızı 100,000 kişide yılda 0,81 – 1,89 (medyan 1,11) olarak düşünülmektedir (3). Yaş arttıkça insidansı katlanarak artmaktadır (3).

### ETYOLOJİ VE PATOFİZYOLOJİ

Genellikle bir enfeksiyon sonrası görülen sendromda en sık önceleyen enfeksiyonun *Campylobacter Jejuni* olduğu, vakaların %41'ine kadarından sorumlu olduğu düşünülmektedir (4,5). Daha az sıklıkla olmak üzere Influenza virüsleri, Hepatit A virüs, Sitomegalovirüs (CMV), Epstein-Barr Virüs, *Mycoplasma Pneumoniae*, *Haemophilus Influenzae* gibi enfeksiyonların da önceleyebileceği serolojik çalışmalarla gösterilmiştir (5,6).

<sup>1</sup> Uzm. Dr. (Klinik Nörofizyoloji), Konya Şehir Hastanesi, bulut8286@yahoo.co.uk



dönebildikleri, %20-25'nin bazı kısıtlılıkları olduğu ancak yine de günlük yaşamlarına ve işlerine devam edebildikleri, %10-15'inin de ciddi rezidüel kısıtlılıkları kaldığı görülmüştür (72,73).

Hastalarda mekanik ventilasyona ihtiyaç gerektirecek solunum yetmezliği gelişme oranı ile ilgili %14-22 arasında oranlar literatürde verilmektedir (74,75,76). Hangi hastaların mekanik ventilasyon gerektirecek solunum yetmezliği geliştireceği ve bu konudaki risk faktörlerini araştırmak için yapılan çalışmalarda semptomların başlangıcından hastaneye yatışa kadar geçen sürenin kısa olması, fasiyal ve bulber güçsüzlük, boyun güçsüzlüğü, sinir iletim çalışmalarında aksonal tipte olmanın kötü prognoz göstergesi ve solunum yetmezliği gelişimi için risk faktörü oldukları gösterilmiştir (77,78).

## Mortalite

Mortalite üzerine yapılmış, tamamına yakınının intravenöz immunglobulin (IVIg) tedavisi aldığı geniş bir hasta popülasyonunun dahil edildiği bir çalışmada mortalite oranının ilk 6 ay içinde %2,8 bir yıl içinde %3.9 olduğu, bu oranın yoğun bakıma yatan hastalarda %7,5'a çıktığı, ölüm nedenlerinin ise genellikle solunum, kardiyovasküler veya otonom komplikasyonlar olduğu belirtilmiştir (79). Mortalite üzerine yapılan başka çalışmalarda %2.5 ile %10.5 arasında değişken oranlar verilmektedir (80-83).

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## BÖLÜM 9

# NÖROMUSKULER KAVŞAK HASTALIKLARINDA ACİL YAKLAŞIMLAR

Aysun Hatice AKÇA KARPUZOĞLU<sup>1</sup>

Nöromuskuler kavşak hastalıklarına acil yaklaşımı değerlendirmeden önce nöromuskuler bileşke organizasyonunu, fizyolojisini, hastalıklarını anlamak önemlidir.

### NÖROMUSKULER KAVŞAK ORGANİZASYONU VE FİZYOLOJİSİ

**Nöromuskuler kavşak organizasyonu:** Medulla spinalis ön boynuz motor nöronlarından çıkan miyelinli sinir lifleri çizgili kasları innerve eder. Her sinir lifi kasa girince miyelinini kaybedip, pekçok uç dala ayrılır. Miyelinsiz uç dallar sinir iletim yüzeyini genişletmek için genişler ve 'Terminal buton' olarak adlandırılır. Terminal buton ve kas lifi (iletimi kolaylaştırmak için girinti ve çıkıntılardan oluşur) birlikte, biyoelektriksel aktivitesiyle özelleşmiş motor son plak - Nöromuskuler kavşağı (NMK) oluştururlar. Sinir liflerinin terminal dalları (presinaptik membran), kas lifi (postsinaptik membran), sinir kas kavşağı denen bir bağlantı bölgesi-sinaps alanından (sinaptik aralık) oluşur.

**Nöromuskuler kavşak fizyolojisi (Şekil 1a):** Presinaptik membranda yaklaşık 100.000 asetil kolin (ACh) vezikülü bulunmaktadır. Her bir ACh vezikülünde, yaklaşık olarak 10.000 kadar ACh molekülü bulunmaktadır. Genel olarak, bir aksiyon potansiyeli 50-300 ACh vezikülünün ekzositozuyla sonuçlanır(1); bu, postsinaptik ACh reseptör eşiğine ulaşmak için gereken ACh miktarının yaklaşık 10 katını temsil eder. Bu fazla salınan miktara güvenlik faktörü denir(2).

Aksiyon potansiyeli terminal butona ulaştığında, buradaki voltaj kapılı kalsiyum kanalları (VGCC) hızla açılır, hücre içi  $Ca^{+2}$  artışı olur. Presinaptik alandaki

<sup>1</sup> Uzm. Dr., Konya Özel Medova Hastanesi, Nöroloji Kliniği, aysunakca2000@gmail.com



Ülkemizde halen at kaynaklı trivalan yapıda A, B ve E tipi toksinlere karşı üretilmiş antitoksin kullanılmaktadır. Mevcut antitoksin 250 ml'lik şişelerde olup, 750 IU/ml tip A, 500 IU/ml tip B, 50 IU/ml tip E içermektedir. Bu antitoksin sağlık bakanlığı bünyesinde faaliyet gösteren Ulusal Zehir Danışma Merkezi(UZEM) danışmanlığında 15 il ve 21 stok merkezi hastane aracılığı ile hastalara en hızlı şekilde ulaştırılmaktadır.

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## BÖLÜM 10

# TRAVMATİK NÖROLOJİK ACİLLERE YAKLAŞIM

Ahmet ÇAĞLAR<sup>1</sup>

Muhammet HACIMUSTAFAOĞLU<sup>2</sup>

Travmatik beyin yaralanması (TBY), maruz kalınan mekanik bir kuvvet sonucu oluşan beyin fonksiyon bozukluğu olarak tanımlanır. Klinik bulgular kısa süreli bilinç bulanıklığından komaya, ciddi nörolojik defisitlere ve ölüme kadar değişebilir. Bu fonksiyon bozukluğu geçici ya da kalıcı şekilde olabilir (1). Kafa travmaları, 25 yaşından küçüklerde travmatik ölümün önde gelen nedenidir. Amerika Birleşik Devletleri'nde her yıl 1,2-2 milyon kişi kafa travmasına maruz kalır. TBY, yıllık 50.000'den fazla ölüm ve 370.000 hastaneye yatıştan sorumludur. Akut ve kronik TBY hastalarının bakımıyla ilişkili maliyetler astronomiktir ve yılda 4 milyar doları aşar (2).

Travma sonrası görülen birincil yaralanmalar kontuzyon, hematoma (subdural, epidural, intraparaknoidal, ventrikül içi ve subaraknoidal), diffüz aksonal yaralanma, doğrudan hücresel hasar, doku yırtılma ve kesilmeleri, kan-beyin bariyerinin bozulması, nörokimyasal hemostazın bozulması ve elektrokimyasal fonksiyonların bozulmasını içerir (3). İkincil hasar ise "ikincil nörotoksik kaskad" olarak da adlandırılan, çeşitli nörotransmitterler ile ilişkili olan ve birincil yaralanmanın etkilerinin devam etmesine sebep olan hücresel olaylar zinciridir (4,5). İkincil nörotoksik hasarı hızlandıran ve uzun vadeli sonuçları kötüleştiren diğer sistemik bozukluklarla (örneğin hipotansiyon, hipoksemi gibi sistemik sorunlar) karıştırılmamalıdır (6).

TBY olan hastalarda yeterli kan dolaşımının devamı son derece önemlidir. Se-

<sup>1</sup> Uzm. Dr. Aksaray Eğitim ve Araştırma Hastanesi drcaglar4@gmail.com

<sup>2</sup> Uzm. Dr. Aksaray Eğitim ve Araştırma Hastanesi muhammethmd@gmail.com



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## BÖLÜM 11

# ENFEKTİF NÖROLOJİK ACİLLERDE TANI VE TEDAVİ YÖNTEMLERİ

Şule ÖZDEMİR ARMAĞAN<sup>1</sup>

Nörolojik acil durumlar, yaşamı tehdit etmesi veya derhal tedavi edilmediği takdirde hastada ciddi morbiditeye sebep olması nedeniyle önem arz etmektedir. Santral sinir sistemi (SSS) enfeksiyonları söz konusu olduğunda, en büyük zorluk, spesifik olmayan semptomlarla başvuran çok sayıda hasta arasında yaşamı tehdit eden nadir bir tanıya sahip hastaları belirlemektir. Tek başına veya birlikte, ateş, baş ağrısı, mental durum değişikliği ve davranış değişiklikleri geniş bir ayırıcı tanıyı kapsar.

Enfektif nörolojik acil olarak değerlendirilen SSS enfeksiyonları; Menenjit, Ensefalit ve Fokal enfeksiyöz kitle lezyonlarıdır (beyin apsesi, subdural ampiyem ve spinal epidural apse).

SSS enfeksiyonları akut veya kronik seyirli olabilir. Biz bu bölümde yetişkinlerde akut gelişen SSS enfeksiyonlarına değineceğiz.

### AKUT BAKTERİYEL MENENJİT

Akut pürülan menenjit olarak da adlandırılır. Mikroorganizmaların, korunma mekanizmaları sınırlı olan subaraknoid mesafeye ulaşmaları ile birlikte menenjit tablosu gelişir. BOS'a yayılım hematogen, komşuluk, anatomik defektten direkt (konjenital, travmatik, cerrahi) ve intranöral yollar ile olabilir. En sık görülen yayılım şekli

<sup>1</sup> Uzm. Dr., Konya Şehir Hastanesi, dr\_suleozdemir@hotmail.com



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## BÖLÜM 12

# COVID-19 ve TEDAVİ İLİŞKİLİ ACİL NÖROLOJİK DURUMLAR

Nurcan AKBULUT<sup>1</sup>

### GİRİŞ

Dünya çapında birçok insanı etkilemiş, global bir sağlık sorunu olan akut ağır solunum yetmezliği sendromu koronavirüsü 2 (SARS-CoV-2) veya daha çok bilinen ismi ile koronavirüs hastalığı 2019 (COVID-19) tipik olarak ateş, öksürük, solunum sıkıntısı, kas-eklem ağrıları, halsizlik gibi semptomlarla seyretmektedir. SARS-CoV-2 enfeksiyonu, sayısız nörolojik komplikasyonlarla ilişkilendirilmiştir ve nörolojik semptomlar, şiddetli SARS-CoV-2 enfeksiyonu olup kritik düzeyde hastalığı olanların %84'ünde meydana gelmektedir (1). SARS-CoV-2'nin nöroinvasiv ve nörotropik özellikleri sorgulanmıştır (2) ve nörolojik tablo, SARS-CoV-2 enfeksiyonuna ('sitokin salınan sendrom' veya 'sitokin fırtınası') bağlı inflamatuvar yanıtın sonucu olarak kabul edilmiştir. Dolaşımdaki artmış sitokin seviyeleri ve immün hücre hiperaktivasyonu, sekonder organ disfonksiyonuna ve nihayetinde yaşamı tehdit eden sistemik inflamatuvar sendroma yol açabilir (3). Virüsler santral sinir sistemine (SSS) iki farklı yoldan girebilir: hematojen yayılım veya nöronal retrograd yayılım (4). Son zamanlarda COVID-19'un SSS girişinin, olfaktör yol aracılığı ile de olabileceği belirtilmektedir (5).

<sup>1</sup> Uzm. Dr., Bayburt Devlet Hastanesi Nöroloji Kliniği, nurcanakbulut@gmail.com.



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