

Diz Protezi Yapılan Bir Olguda Adduktor Kanal Bloğu ile Postoperatif Analjezi Yönetimi

25. BÖLÜM

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ÖZET

Total diz protezi (DP) ameliyatları son dönem osteoartrit gibi problemleri olan hastalara uygulanan, ortopedi pratiğinde de yaygın olarak yapılan ameliyatlardandır (1-3). Yapılış yöntemlerinde ve perioperatif dönemde hasta takibinde kaydedilen bütün gelişmelere rağmen, hastaların yaklaşık %20'sinde operasyon sonrasında memnuniyetsizlik gözlenmektedir ve bu açıdan ele alındığında ağrı anahtar rol oynayan faktörlerdendir (4).

Genellikle DP vakalarında postoperatif dönemde hayat kalitesini bozan, orta dereceden şiddetli dereceye kadar ağrılar görülmektedir (1). Bu durum da klinisyenleri postoperatif dönem ağrıları açısından daha etkili yöntemler geliştirmeye yöneltmiştir. Bu yöntemler arasında, oral ve intravenöz (iv) medikal tedavilerin yanında, epidural analjezi (EA), femoral sinir bloğu (FSB), siyatik sinir bloğu (SSB), lokal infiltratif analjezi (LİA), adduktor kanal bloğu (AKB) gibi yöntemler sayılabilir (1,5,6).

Bu olguda hastanemizde yapılan bir DP vakası sunulması amaçlanmıştır. Hastamıza, preoperatif dönemde rutin muayeneden ve tahlillerden geçirildikten sonra, nümerik derecelendirme ölçeği (numerical rating scale, NRS) skorlaması öğretildi. Ayrıca spinal anestezi ve AKB hakkında kapsamlı bilgilendirme yapıldı ve hastanın onamları alındı. Operasyon günü ameliyathaneye alınan hastaya spinal anestezi uygulandı ve sonrasında postoperatif dönemde hastaya AKB uygulandı. Peroperatif takibi sonrasında herhangi bir problem yaşamayan hasta servise gönderildi.

Preoperatif Dönem

Yetmiş dört yaşında DP ameliyatı olacak kadın hasta anestezi polikliniğine başvurdu. Özgeçmişinde hipertansiyon ve osteoporoz bulunan hasta, antihipertansif tedavi aldığını söyledi. Hastada yapılan rutin fizik muayene doğaldı. İstenen

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