BÖLÜM 5

KATARAKT CERRAHİSİ GEÇİREN HASTALARDA BİNAURAL RİTMİN KAYGI VE YAŞAM BULGULARI ÜZERİNE ETKİSİ: META ANALİZ ÇALIŞMASI

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GİRİŞ

Katarakt, özellikle yaşlı bireylerde görme kaybının en yaygın nedenlerinden biri olup, lensin bulanıklaşması sonucu ortaya çıkar ve yaşam kalitesini ciddi düzeyde etkiler. Dünya Sağlık Örgütü'ne (WHO) göre, dünya genelinde 65 yaş üstü bireylerde en sık rastlanan görsel bozukluk nedeni katarakttır ve cerrahi müdahale, etkin tedavi yöntemidir (1). Katarakt cerrahisi, genellikle fakoemülsifikasyon yöntemiyle gerçekleştirilen, modern tıpta oldukça güvenli kabul edilen invazif bir girişimdir. Ancak her ne kadar cerrahi teknikler gelişmiş olsa da, bu müdahale özellikle yaşlı bireylerde önemli bir psikolojik stres kaynağı olabilmektedir.

Cerrahi girişimler öncesi ve sonrasında hastaların kaygı düzeylerinde artış gözlenmektedir. Katarakt cerrahisi gibi göz sağlığına doğrudan müdahale edilen durumlarda, operasyon öncesi kaygı seviyesi özellikle yüksektir. Bu kaygı, sadece psikolojik iyilik halini değil, aynı zamanda fizyolojik yaşam bulgularını da etkileyebilmektedir. Araştırmalar, yüksek kaygı düzeyinin cerrahi başarıyı olumsuz yönde etkileyebileceğini ve iyileşme sürecini uzatabileceğini ortaya koymaktadır (2). Bu bağlamda, cerrahi öncesinde ve sonrasında hastaların psikolojik durumlarının yönetilmesi, genel klinik başarıyı artırmak açısından kritik öneme sahiptir.

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