BÖLÜM 33

Yoğun Bakımda Transfüzyon Tıbbı

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ÖNEMLİ NOKTALAR

1. Hasta kan yönetimi (Patient Blood Management - PBM): hastanın iyileşme sürecini geliştirme çabasında, hemoglobin konsantrasyonunu korumak, hemostazı iyileştirmek ve kan kaybını en aza indirmek için kanıta dayalı tıp ve cerrahi kavramların zamanında uygulanmasıdır.
2. Kritik hastalarda anemi genellikle multifaktöriyeldir ve çoğu yoğun bakım ünitesinde yaygın olan demir eksikliği, inflamatuar cevaplar, endojen eritropoetine yetersiz cevap, kanamalar ve agresif tanısal kan almaların biri ya da kombinasyonu nedenli olabilir.
3. Eritrosit transfüzyonunda tek neden olarak hemoglobini almaktan kaçınılmalıdır, transfüzyon kararları hastanın volüm durumu, şok belirtileri, aneminin süresi ve ciddiyeti, kardiyopulmoner durumu gibi diğer parametrelere dayanmalıdır
4. Taze donmuş plazma (FFP) uygulanmasının yararları halen tartışmalıdır ve daha özellikli faktör konsantrelerinin kullanılmaya başlanmasıyla endikasyonları azalmaktadır.
5. Travma hastalarının erken resusitasyonu döneminde "dengeli" transfüzyon protokollerinin bir parçası olarak yüksek plazma (ve trombosit) ve eritrosit oranları daha iyi sağkalım ile uyumludur ancak araştırılmaya devam edilmektedir.

HASTA KAN YÖNETİMİNE GİRİŞ

İnvaziv bir uygulama içeren her 10 yatan hastanın birinde kan transfüzyonu gerçekleşmektedir ve kan transfüzyonu Amerika Birleşik Devletleri'ndeki gereksiz yere kullanılan en sık 5 tıbbi uygulamadan biri olarak tanımlanmaktadır[1,2]. Allojenik kan transfüzyonlarında, morbidite ve mortalite[3] içeren olumsuz hasta sonuçları görülmektedir ve yatan hastalardaki transfüzyonların önemli bir oranı uygunsuz olarak değerlendirilmektedir[4]. Bu gözlemler; kan transfüzyonu uygulanma durumunun klinik hizmetler için kalite göstergesi olarak önerilmesine yol açmıştır.

Riskler ve maliyetlerin farkındalığı ve kan kayıtlarındaki yönelimler, transfüzyonların klinik nedenlerini araştırmayı tetiklemiştir. 2000 yılında kurulan Kan Yönetiminin Geliştirilmesi Derneği (SABM, www.sabm.org) karşılanmayan gereksinimi tanımlamış ve Hasta Kan Yönetimi (PBM) kavramını geliştirmiştir. Bu kavram; odak noktasını kan ürünlerinin transfüzyonundan hastanın iyileşme sürecini geliştirmeye yönelik hasta gereksinimlerine taşımıştır. SABM, PBM tanımını şöyle yapmıştır: "hastanın iyileşme sürecini geliştirmeye yönelik

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