BÖLÜM 5

HEIMLICH MANEVRASI

Bilgen ÖZKAYA[1]

GİRİŞ

Trakeobronşiyal yabancı cisim aspirasyonu (YCA), ani solunum yolu obstrüksiyonuna yol açarak dakikalar içinde yaşamı tehdit edebilen, özellikle bebekler, küçük çocuklar, yaşlı bireyler ve belirli risk gruplarında daha sık ve ölümcül seyreden bir acil durumdur. YCA tanısının gecikmesi hipoksik beyin hasarı ve ölüm gibi geri dönüşümsüz sonuçlara yol açabilmektedir. Bu durumla mücadelede 1974 yılında Dr. Henry Heimlich tarafından tanımlanan ve adını taşıyan manevra, üst hava yolu tıkanıklıklarında pozitif intratorasik basınç oluşturarak yabancı cismin dışarı atılmasını hedefleyen etkili bir ilk yardım müdahalesi olarak geliştirilmiş ve zaman içinde hem toplum temelli uygulamalarda hem de profesyonel sağlık sistemlerinde hayat kurtarıcı bir standart haline gelmiştir (1,2). Amerikan Kalp Derneği (American Heart Association, AHA) ve Avrupa Resüsitasyon Konsey (European Resuscitation Council, ERC) ve Birleşik Krallık Resüsitasyon Konseyi (Resuscitation Council UK, RCUK) gibi saygın kılavuz kurumlar, > 1 yaş çocuklar ve erişkinlerde Heimlich manevrasını öncelikli girişim olarak önermeye devam etmektedir (3-6). Ancak yaş, anatomik farklılıklar (örneğin gebelik ve obezite), müdahale koşulları ve uygulayıcının eğitimi gibi faktörler manevranın başarısını ve güvenliğini doğrudan etkilemektedir. Ayrıca bildirilen ciddi komplikasyonlar, müdahalenin dikkatle ve bilgiye dayalı biçimde uygulanması gerektiğini ortaya koymaktadır. Bu kapsamda, teknolojik eğitim modelleri ve alternatif cihazlar da Heimlich manevrasının etkinliğini artırmak amacıyla gündeme gelmiştir. Bu çalışma kapsamında Heimlich manevrasının etki mekanizması, farklı yaş ve risk gruplarındaki uygulama algoritmaları, klinik etkinliği, olası komplikasyonları, başarısızlık durumunda uygulanabilecek ileri girişimler ve gelişmekte olan alter-

[1] Uzm. Dr., Lösante Çocuk ve Yetişkin Hastanesi, bilgenilkuplu@gmail.com, ORCID iD: 0000-0003-1659-4723

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Bununla birlikte, her yaş ve fizyolojik duruma uyarlanabilir tek tip bir uygulama olmadığından, bireyselleştirilmiş algoritmalarla desteklenmesi ve komplikasyon risklerine karşı dikkatli olunması gerekmektedir.

Literatürde bildirilen ciddi komplikasyonlar özellikle ileri yaş, gebelik, obezite gibi özel durumlarda daha dikkatli ve eğitimli uygulamayı zorunlu kılmaktadır. Ayrıca, vakum bazlı emme cihazları gibi yeni teknolojiler ile simülasyon destekli eğitim araçları, geleneksel uygulamalara alternatif veya tamamlayıcı yollar sunarak acil müdahale alanında yeni bir çerçeve oluşturmaktadır.

Gelecekteki öncelikler arasında topluma yönelik yaygınlaştırılmış ilk yardım eğitimleri, özel risk grupları için güncellenmiş algoritmalar, komplikasyonları en aza indiren uygulama protokolleri ve Heimlich manevrasının yerini alabilecek veya tamamlayabilecek teknolojik çözümlere yönelik bilimsel araştırmalar yer almalıdır.

Sonuç olarak, Heimlich manevrası basit bir ilk yardım tekniğinden öte, etkili bir halk sağlığı aracıdır. Ancak bu etkinliğin sürdürülebilmesi, yalnızca uygulamanın değil, eğitimin de doğru bireylere ulaştırılması ile mümkündür.

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