

管路留置病人護理指導(英文) Nursing Guidance for Indwelling-Catheter Patients

為能有效治療疾病，醫師在您或您家人身上置入維生的管路，以作為監測生命徵象或維持呼吸、提供營養、給予藥物治療、引流尿液或外科傷口的廢液及氣體等使用。因此，這些管路非常重要，如果脫落將使病人面臨無法呼吸、無法獲得足夠的氧氣、營養或藥物治療無法持續、出血或傷口無法癒合等危險及傷害，嚴重時可能危害病人生命或需再次手術，為維護病人生命安全，請務必與醫護人員合作，配合以下事項，共同保護身上的管路，避免管路滑出或脫落。

For effective treatment for diseases, the physician may place for you or your family member the vital catheters used to monitor vital signs or for breath maintenance, nutrient supply, medications administration, drain for urine, waste liquid or gas from surgical wounds. Therefore, these catheters are very important, any dropping-off may result in various dangers and hazards such as making the patient unable to breathe, unable to acquire sufficient oxygen, nutrients or the medication treatment unable to be continued, and may cause bleeding or unhealed wounds; sever cases are even life-threatening for patients or require additional operations. For purpose to protect patient's life safety, please be sure to cooperate with medical personnel for the following items to collectively protect all catheters on the body, preventing the tubing from any slippage or dropping-off.

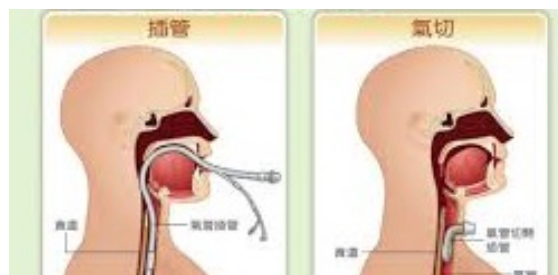
一、常見管路種類 (Types of commonly used catheters)

各種不同管路有其不同的照護方式，將依病人的狀況做個別性的照護指導，如有不明白或出現異狀，請洽詢照顧您的醫護人員，我們將為您解說及處理。

There are individual manners in caring various catheters, care guidance will be individually provided based on patient's conditions. In case of any confusion or abnormality occurred, please consult the medical staff providing nursing care to you, we will explain and manage for you.



圖示一 Fig.1

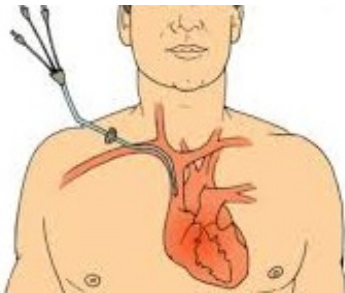


圖示二 Fig.2



圖示三 Fig.3

中心靜脈導管
Central venous catheter

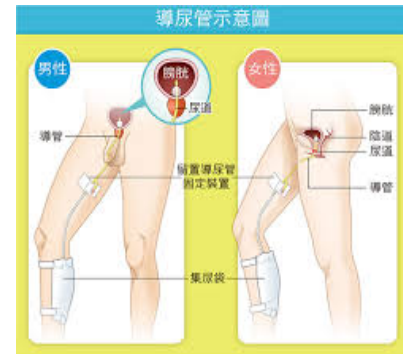


圖示四 Fig.4

胸腔引流管
Chest drain



圖示五 Fig.5



圖示六 Fig.6

二、管路留置注意事項 (Precautions for indwelling catheters)

- (一) 管路可能帶來不適，如疼痛、搔癢或有異物感，請注意避免拉扯或抓癢，勿隨意塗抹乳液，以防在不經意下導致管路滑脫。

Catheters may lead to certain discomfort such as pain, itch or foreign-body sensation, please pay attention to avoid drag, scratching an itchy area or carelessly applying lotions for any accidental slipping-off from the tubing.

- (二) 護理師會將病人的管路固定在床上、床架、點滴架、機器或衣服上，為避免下床時牽扯管路，請在家人或醫療工作人員協助下再下床。

Nurses will fix the catheters on your bed, bed-cage, drip stand, machines or clothes, to avoid dragging the catheters while getting out of the bed, please get out of the bed with the assistance from your family or medical staff.

- (三) 管路固定會預留利於活動之長度，但也請您於改變姿勢，如翻身時，應先檢查管路位置，確定管路長度足夠後，再以緩慢的動作改變姿勢。

An adequately safe length of the catheters will be reserved for patient's convenient movement, nevertheless, please be sure to first check location of the catheters before you change any positions such as turn-over, ensuring sufficient length of tubing before you slowly make a movement to change positions.

- (四) 為保護病人的安全，必要時經醫護人員評估，可能會在病人的手腕戴上約束帶或手上套住乒乓球手套，目的是預防因睡著或不經意下不慎拔除管路。護理師會經常探視，請勿自行解開約束，以避免不慎將管路移除。

To protect patient's safety, after medical staff's appropriate evaluation, the restraining band may be worn on the wrist or a protective glove may be applied for the patient to prevent any accidental removal of the tubing during sleep or inadvertently.



Nurses will regularly visit to check, please do not voluntarily unfasten the restraints to avoid any accidental removal of the catheters.

- (五) 請切勿自行碰觸或移動固定管路，也勿隨意撕除膠帶。

Please never voluntarily touch or move the fixed tubing, nor take liberties of tearing off the tapes.

- (六) 若有不適或需要協助時，請通知主護護理師或按壓床邊紅燈鈴，醫護人員聽到鈴聲會儘快的前來協助。

In case of any discomfort or need for any help, please notify the attending nurse or press the red-light button beside the bed, medical staff will immediately come to provide assistance upon hearing the alarm.

- (七) 住院期間醫護人員會執行管路消毒及更換傷口敷料，如敷料有滲濕情形，請立即通知醫護人員協助重新更換傷口敷料，避免細菌繁殖造成感染。

During hospitalization, medical staff will perform tubing disinfection and dressing change for the wound, if you find any leaked or dampened dressing, please immediately notify medical staff to replace wound dressing, preventing any infection resulted from bacterial reproduction.

- (八) 緊急狀況之處理(Management for emergency)

如有發生下列情形，請立即通知醫護人員：

In case of the following situations, please immediately inform medical staff:

1. 置放管路部位周圍皮膚出現紅、腫、疼痛、皮膚顏色異常或有異常分泌物或出現發燒等症狀。

Skin surrounding the indwelling catheter exhibits redness, swelling, pain, abnormal skin color or abnormal secretions, or symptoms such as fever occurred.

2. 固定管路的膠帶不慎鬆脫或滑落（若不幸發生切勿自行將脫落的管路接回）。

Accidental loosening or dropping-off of the tapes fixing the catheters (if this unfortunately occurred, never voluntarily reconnect the dropped-off catheters).

3. 引流管路之引流量如果突然明顯增加、減少、無引流量或是引流液顏色突然改變時。

Unexpectedly significant increase, decrease of the drain volume, no any drain flow or unexpectedly changed color of the drain liquid.



參考資料(Reference)

三軍總醫院 ISO9001/ISO 文件專區 (2019 年 3 月 5 日) · 一般病房之感染管制措施 · 感染管制工作手冊 · 2020 年 3 月 24 日取自 <https://tsghv.ndmctsgh.edu.tw/form/191/102479/27374>

吳美華、藍敏方、范圭玲 (2018) · 降低導尿管相關泌尿道感染之計劃 · 台灣醫學, 22 (6), 646-656。

郭楊卿、李彥範、曾貴萍、李曉青、王琬詳 (2018) · 降低頭頸癌病人術後鼻胃管自拔率 · 志為護理-慈濟護理雜誌, 17 (6), 71-81。

護理指導評值 Nursing Guidance Evaluation

◎是非題 True or false

- 管路如果脫落，重新放置即可，不會造成生命危險的？
It is acceptable to replace any dropped-off catheters, which may not lead to any life-threatening condition?
- 管路可能帶來搔癢不適情形，請避免抓癢，勿隨意塗抹乳液，以防在不經意造成管路滑脫？
Catheters may lead to certain discomfort such as itch, please avoid scratching an itchy area or carelessly applying lotions to prevent any accidental slipping-off from the catheters?
- 管路會預留利於活動之安全長度，但改變姿勢時，應先檢查管路是否足夠，並避免用力拉扯管路或固定處？
An adequately safe length of the catheters will be reserved for convenient movement, nevertheless, please first ensure sufficient length of the tubing before changing any positions, avoiding forceful dragging or pulling of the tubing or the fixed areas?

◎選擇題 Multiple-choice question

- 保護身上的管路，避免管路滑出或脫落，是誰的責任？
(1) 醫護人員；(2) 病人；(3) 家屬；(4) 以上皆是。
Who shall be responsible for protection of catheters on the body to prevent any slippage or dropped-off of the catheters?
(1)Medical staff; (2) patient; (3) family; (4) all of the above.
- 護理師會將您的管路固定在哪裡？
(1) 床上、床架；(2) 點滴架；(3) 衣服上；(4) 以上皆是，為避免下床時牽扯管路，請在醫療工作人員協助下再行下床。

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Where will be your catheters fixed by nurses?

(1) on the bed, and bedrails; (2) infusion stand; (3) on the clothes; (4) all of the above, to prevent any drag of the catheters when getting off the bed, please get off the bed only with the assistance from medical staff.

6. () 如有發生下列何種情形，請立即通知醫護人員？

(1) 置放管路部位周圍皮膚出現紅、腫、疼痛；(2) 管路不慎鬆脫或滑落；(3) 固定管路的膠帶脫落；(4) 以上皆是。

Which of the following conditions is the timing to immediately notify medical staff?

(1) redness, swelling and pain exhibited on skin of the areas surrounding indwelling catheter; (2) accidental loosening or slippage of catheter; (3) dropped-off of tapes fixing the catheters; (4) all of the above.

(答對 5-6 題⇒完全了解；答對 3-4 題⇒部分了解；答對 1-2 題⇒完全不瞭解)
(Correct in 5 or 6 questions ⇒completely understood; correct in 3 or 4 questions ⇒partially understood; correct in 1 or 2 questions ⇒not understood at all)

1. (X) 2. (O) 3. (O) 4. (4) 5. (4) 6. (4)

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