

· 论 著 ·

实习护生执行患者隐私部位暴露性护理操作的质性研究

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摘要:目的 深入了解实习护生对患者隐私部位暴露性护理操作时的心理体验。方法 2013 年 5—6 月选择湖北省某三级甲等医院实习护生 13 名, 运用质性研究方法, 进行半结构式访谈, 了解实习护生对患者隐私部位进行护理操作时的心理体验。**结果** 通过资料分析, 提取了 4 个主题: 羞怯紧张与无效沟通; 顾虑担心与心理落差; 逃避与无从应对; 坦然与积极应对。**结论** 实习护生在执行患者隐私部位暴露性护理操作时存在着各种心理压力, 影响了临床的护理操作。加强对护生的伦理教育支持, 提供有效的护患沟通技巧, 可提高护生执行隐私部位暴露性护理操作的能力, 从而缓解护生的心理压力, 有助于提升护生的临床护理能力。

关键词: 实习护生; 隐私部位; 暴露性护理操作; 质性研究

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A qualitative research on practice nursing students' psychological experience during clinical process of private parts exposed (1. Hubei University of Science and Technology, Xianning 437100, China; 2. Liaocheng Second People's Hospital, Liaocheng 252600, China)

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Abstract: Objective To investigate the practice nursing students' psychological experience during clinical process of private parts exposed. **Methods** A total of 13 practice nursing students from a tertiary hospital in Hubei Province were selected from May to June 2013. The data were collected through semi-structured interview. **Results** Four themes were drawn through data analysis: shyness, tension and ineffective communication; worry and psychological gap; escape response and inability of coping with; and calm and positive response. **Conclusion** There exist various psychological problems in practice nursing students during clinical process of private parts exposed. Strengthened ethics education, effective nurse-patient communication skills and emotional support will improve practice nursing students' operation ability during clinical process of private parts exposed, therefore relieve their psychological stress and enhance their professional skills.

Key Words: Practice nursing student; Private part; Nursing process of private parts exposed; Qualitative research

临床护理人员因职业的需要, 常会对患者进行隐私部位暴露性的护理操作(特殊护理操作), 如导尿、灌肠和会阴护理等, 但受传统观念的影响, 或护患双方

伦理观的差异, 导致面临尴尬或刻意回避, 这对护理操作质量和护患沟通等都是不利的。实习护生同样会面临执行特殊护理操作的问题, 且相对缺乏实践经验和伦理决策能力。本研究以质性研究方法对其心理体验进行描述, 以期为提高护生的临床护理操作能力以及伦理教学提供依据。

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