

居家留置尿管患者家庭导管护理的现状分析

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摘要:目的 通过调查了解居家留置尿管的患者家庭导管护理现状, 分析存在的问题, 为进一步开展社区及家庭留置导管的护理提供参考。方法 2013 年, 对 118 例居家留置尿管的患者及其照护者进行问卷调查, 内容包括患者置管情况、日常家庭护理情况及家庭护理人员相关知识掌握情况等。结果 118 例留置尿管患者多为高龄居家老人, 留置尿管的原因主要是尿失禁及尿道梗阻, 多数患者留置尿管时间在 1 年以上, 导管护理主要在家进行, 多数照护者缺乏留置尿管护理相关知识及正确的护理操作技能, 不进行常规感染监测, 同时又缺乏获得相关健康教育的渠道, 目前存在的首要困难为就医不便及居家无人护理, 就近进行医院护理的需求较大。结论 居家留置尿管患者的家庭护理现状不容乐观, 缺乏规范的护理操作指导, 应联合社区开展留置尿管患者的延续护理服务, 进一步规范留置尿管的健康教育, 减少不良事件的发生, 以提高居家留置尿管患者的生活质量。

关键词:留置尿管; 居家护理; 护理现状

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Situation of home care of patients with indwelling urinary catheter (Shanghai Pudong New Area Gongli Hospital, Shanghai 200135, China)

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Abstract: Objective To investigate the situation of home care of patients with indwelling urinary catheter, and to provide references for the development of community and home care of patients with indwelling urinary catheter. **Methods** A questionnaire survey of 118 cases with indwelling urinary catheter and their caregivers was made in 2013. The questionnaire included the situation of indwelling urinary catheter, home care and mastery of related indwelling urinary catheter care knowledge. **Results** Most of the patients with indwelling urinary catheter were elderly. The main indwelling reasons were urinary incontinence and urethral obstruction. The indwelling time of most patients was more than one year. Most of the patients received indwelling urinary catheter care at home. The caregivers were lack of related indwelling urinary catheter care knowledge and proper nursing skills, without routine infection surveillance, and lack of access to related health education. The major challenges at present were inconvenience of seeking medical treatment and lack of home care. There are great demands for near hospital care. **Conclusion** The situation of home care of patients with indwelling urinary catheter is not optimistic, without standard guidance of nursing skills. Community nursing should be included to carry out transitional care, standardize health education on catheterization, and improve home care quality for the patients with indwelling urinary catheter.

Key Words: Indwelling urinary catheter; Home care; Nursing situation

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由于生理及疾病的因素造成排尿困难、尿失禁等