

ICU 护士长对气管插管患者口腔护理管理体验的质性研究

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摘要:目的 深入了解重症监护室(intensive care unit, ICU)护士长对气管插管患者口腔护理的管理体验。**方法** 采用质性研究中的现象学研究法,对上海市7所三级甲等医院10个不同ICU的10名护士长进行半结构式深入访谈。**结果** 目前气管插管患者口腔护理现状较混乱,操作规范不具针对性,且与临床实践脱节,尚无系统的口腔护理评估、评价及培训体系,护理工具实用性欠缺,一线ICU护理人员配备不足且工作负荷大;但护理管理层及临床护士对口腔护理的认知及重视程度已有所提升。**结论** 亟需构建基于循证的气管插管患者口腔护理临床实践指南,改进口腔护理用具,完善ICU口腔护理管理体系,以提升临床护理实践质量。

关键词:气管插管;口腔护理;重症监护室;护士长;护理管理;定性研究;访谈

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A qualitative research on oral care experience of head nurses in nursing of intensive care unit patients with endotracheal intubation (1. School of Nursing, Fudan University, Shanghai 200032, China; 2. Huashan Hospital, Fudan University, Shanghai 200040, China)

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Abstract: Objective To explore the oral care experience of head nurses in nursing of intensive care unit (ICU) patients with endotracheal intubation. **Methods** The phenomenological methodology was used in the study. Semi-structured in-depth interviews of 10 head nurses from 10 ICUs of 7 tertiary hospitals in Shanghai were conducted. **Results** The status quo of oral care for intubated patients was in confusion. The operation standards were lack of specific evaluation and not in line with clinical practice. Yet there was no standard system for oral care assessment, evaluation and training of ICU nurses. The oral care appliances were not practical. The ICU nurses were shorthanded along with heavy workload. But the awareness and attention on oral care in head nurses and clinical nurses had been improved. **Conclusion** It is urgent to compile evidence-based clinical practice guidelines for oral care of the patients with endotracheal intubation, improve oral care appliances and ICU management system, to promote the quality of clinical nursing practice.

Key Words: Endotracheal intubation; Oral care; Intensive care unit; Head nurse; Nursing management; Qualitative research; Interview

接受气管插管的ICU患者往往病情重、病程长,机体防御功能常受到损害,加之口腔持续开放、缺乏正常的口腔摄入等,使清洁护理工作受限,极易出现口咽部

病原菌定植,进而引发呼吸机相关性肺炎(ventilator-associated pneumonia, VAP)^[1-4]。VAP是机械通气中常见且严重的并发症,病死率约33%~71%^[5],而系统、有效的口腔护理干预可使其发生率降低33.3%^[6]。目前,国内外临床危重症患者的口腔护理实践呈现多样化,缺乏统一规范,尚未形成系统的管理体系。研究通过质性访谈以了解ICU护士长对气管插管患者口腔护理的管理现状,深入挖掘ICU护理管理层面面对相关

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