

慢性住院精神分裂病患口腔衛生改善專案

A Program to Improve Oral Hygiene for Inpatients with Chronic Schizophrenia

張秀如

Hsieh Y.P.;Feng J.C.;Chang H.J.

摘要

本專案旨在提昇慢性精神科住院病患之口腔衛生。執行期間自 2003/10/1-2004/3/30 止，本專案以「口腔衛生觀察表」、「口腔衛生評估查檢表」觀察 44 位慢性精神科住院病患執行口腔衛生情形，結果發現病患平日未養成口腔清潔習慣、對口腔衛生知識缺乏、不知如何執行正確刷牙方法等，進一步了解發現護理人員並未督促和指導病患相關口腔衛生的知識和清潔技巧。故運用口腔衛教團體活動，以討論及示教回示教等方法進行教導，並應用代幣制度獎勵辦法增進病患改變的動機，結果顯示病患主動刷牙由 25% 提昇至 85%；刷牙盥洗用具齊全由 29.6% 提昇至 100%；病患口腔衛生查核牙齒上的殘渣由平均 1.8 分提昇至 2.7 分、口中異味由平均 2 分提昇至 2.8 分、舌苔由平均 2.1 分提昇至 2.8 分。本專案實施後病患口腔衛生改善成效顯著，故此介入方案可以全面推廣到慢性精神科病房，對這類病患的口腔衛生會有很大助益。

Abstract

The subject of this study was a program to improve the oral hygiene of patients with chronic Schizophrenia between 1st October 2003 and 30th March, 2004. The program used two forms for the observation of oral hygiene among the 44 chronic Schizophrenia patients. These were the "oral hygiene observation form," and the "oral hygiene estimation form". Data gained from the two forms revealed that the subjects lacked cleaning habits and the knowledge necessary to prompt them to maintain oral hygiene, all of which was due to lack of supervision by their health care providers. The program therefore suggested that oral hygiene be taught through group activities with a reinforcement tool of tokens to reward patients for improving their knowledge of the importance of oral hygiene. The results of the group activities showed that: the percentage of patients able to brush their teeth on their own increased from 25% to 85%; stock levels of the necessary cleaning tools increased from 29.6% to 100%. The number of points indicating tooth plaque reduction went from 1.8 to 2.7; halitosis reduction went from 2.0 to 2.8; tongue plaque reduction increased from 2.1 to 2.8 points. All results of this program

showed significant improvements in the oral hygiene of patients with chronic Schizophrenia. The program is therefore recommended to all wards with chronic Schizophrenia patients.

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