

一位藥物濫用併發橫紋肌溶解症病人之護理經驗

## The Nursing Experience of a Drug Abuse Patient

### Complicated with Rhabdomyolysis

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#### 摘要

藥物濫用會引起諸多病變，致命的毒性橫紋肌溶解症就是其中之一（林，2003）。

本文係筆者照顧一位因吸膠而引起橫紋肌溶解症個案之護理經驗，照顧期間(92.08.07-08.18)筆者以羅氏(Roy's)適應模式為評估指引，透過身體評估、實際照護及檢閱病歷等，確立個案有低效性呼吸型態、體液容積不足、潛在性暴力行為及成癮之護理問題。經多次會談、無條件主動關懷及病況危急時的專業護理，終能與個案建立良好的人際關係，而使其放棄暴力行為接受治療。期許本文能對日後照顧此類病患，提供完整的照護經驗參考。

#### Abstract

A lot of complications are caused by inappropriate use of drugs and one potentially fatal complication is rhabdomyolysis. This is a case study of the care of a patient with rhabdomyolysis induced by glue sniffing, during the period between August 7 and August 18, 2003. Roy's nursing assessment was applied as an index to evaluate the patient. By way of clinical observation, interview, and compilation of medical records, the nursing problems were established as ineffective breathing pattern, fluid volume deficit, and risks of violence and addiction. After a series of conversations, active attention, and professional nursing in emergency situations, the patient learned to control his behavior and accepted treatment. We hope that this complete nursing experience can in future serve as a reference in the management of patients with rhabdomyolysis.