

# 以羅氏適應模式照護一位糖尿病足截肢患者之護理經驗 The Nursing Experience of Caring for a DM Foot Amputation

## Patient by Applying Roy's Adaptation Model

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### 摘要

本個案報告係照護一位因糖尿病足截肢患者的護理經驗，筆者於 89 年 12 月 14 日至 90 年 1 月 11 日患者住院期間，以會談、觀察、傾聽等技巧收集資料後，再利用羅氏適應模式的第一層次評估與第二層次評估，找出個案截肢後各項護理問題如：疼痛、身體活動障礙、自我照顧能力缺失、身體心像紊亂……等。在護理過程中運用主動關懷、同理及接受等技巧與個案建立良好護病關係，提供適切且連續的護理與關懷，協助個案渡過截肢後所面臨身體、心理各方面的衝擊，使其身心社會得到正向的適應。

### Abstract

This case report describes through interviews a nurse's experience of caring for a DM foot amputation patient from December 14, 2000 to January 11, 2001. Observation and listening skill to collect data and applying Roy's adaptation model to assess the first and the second levels of patient's health after amputation, the patient's health problems such as pain, impaired physical mobility, self care deficit and body image disturbance were identified. During the nursing care process, the nurse used her care, empathy and acceptance of the patient to build up a good nurse-patient relationships in order to provide appropriate and continuing nursing care, and finally help the patient pass through physical, mental and social impacts and make a positive adaptation.