

# 吞嚥障礙護理措施之探討

許寶鶯;鄭綺;陳靜敏

## 摘要

本研剛目的在探討處理吞嚥障礙的有效護理措施，並比較主要照顧者首主護護士對處理吞嚥障礙問題的差異性。本研究為探索性研究，以兩階段進行：第一階段為專家鑑定之內容效度，第二階段以 51 位腦中風合併有吞嚥障礙患者之主護護士和主要照顧者為對象，測試護理措施之重要性、執行狀況及執成效。研究結果顯示，兩大類護理措施之重要性皆被肯定，但吞嚥功能促進措施的被執行率的吸入慌的防範措施來的低。比較主要照顧者和主護護士，顯示在重要性首執行率上，主護護士大都高於主要照顧者，但在執行的成效上兩組無顯著不同。本研究結果可提供臨床上處理吞嚥障礙問題時之參考。

## Abstract

The purpose of this study was to examine the effectiveness of nursing interventions for swallowing disorder, and to determine the differences between caregivers and primary nurses of stroke patients. Two kinds of nursing interventions, which include aspiration precaution (19 items) and swallowing enhancement (25 items), were developed. The study was conducted in two stages. During the first stage of this explorative study, content validity was determined by 12 clinical experts. At the second stage, 51 stroke patients' caregivers and primary nurses were asked to rate the importance and effectiveness of nursing interventions. Results of this study supported the importance of two kinds of nursing interventions. The usage rate of interventions in swallowing enhancement was higher than that for aspiration precautions. Although the importance and usage rat of nursing interventions was higher in primary nurses than caregivers, the effectiveness of nursing interventions reported by both caregivers and primary nurses were similar. The findings of this study provide significant information in the improvement of quality of care among patients with swallowing disorder.