

提昇新生兒加護病房早產兒出院準備服務之完整性

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摘要

因早產兒出院後其父母仍須面對許多照護上之問題，所以完善之早產兒出院準備服務不但有助於提昇父母之照顧能力，且能降低再入院之機率，故希望藉此專案之進行，提升早產兒出院準備之完整性，進而提升早產兒父母之照顧能力。經現況分析後，確立以下問題：一、因護理人員對出院準備服務認知不足；僅 75 分，故無法提供完善之早產兒父母返家前之衛教指導。二、因缺乏出院準備服務與標準流程，所以護理人員執行出院準備服務之完整率為 0%。經實施早產兒出院準備服務標準流程後，護理人員對出院準備服務之認知程度亦提升至平均得分 90 分，且能確實執行出院準備服務，其完整率提升至 85%，達專案目的。本專案之實施不但使護理人員能落實早產兒出院準備服務之執行，且能增進其相關之知識與技能，進而提昇早產兒父母之照顧能力。

Abstract

Parents of premature infants face all sorts of caring problems after their babies are discharged. A comprehensive discharge planning is necessary for them not only to improve their caring abilities, but also to reduce hospital readmission. The aim of this project was to increase the comprehensiveness of discharge planning for premature infants in order to enhance the caring ability of their parents. After preliminary analysis, two problems were identified: 1. Nurses' knowledge about discharge planning was inadequate, only 75 points; 2. Due to lack of discharge guideline and operational standard, none of the nurses performed discharge planning. After implementing the operational standard, nurses' knowledge increased to 90 points and 85% of the nurses completed discharge planning. The project not only enabled nurses to actually perform discharge planning but also improved the knowledge and skills of caring premature infant for nurses and parents.