# 居家脊髓損傷病患主要照顧者負荷及需求之探討

# The Study of Caregiver''s Burden and Demand for Spinal Cord Injury Patients Under Home Care


## 中文摘要

本研究旨在調查居家脊髓損傷病患之主要照顧者在生理、心理、家庭社會方面之負荷情形，並探討影響這些負荷之相關因素及瞭解其所需要之協助。研究主要以台南縣、市脊髓損傷者協會會員及南部某醫學中心復健科門診病患爲調查對象，以立意取樣方式，得有效樣本爲 53 位。以結構式問卷爲主要測量工具，另外針對樣本中具特殊及代表性之個案進行深度訪談，最後將所得資料，採量性與質性的方法加以分析，並整合比較。

本研究結果發現：（一）在病患人口學的變項中，量性研究得知「性別」、「是否加入脊髓損傷者協會」兩項與主要照顧者負荷有顯著性差異；質性研究發現男性病患會對照顧者要求較多、婚姻危機會造成照顧者的負擔、社會資源的運用及選擇加入協會可減輕照顧者之負荷、褥瘡傷口嚴重困擾主要照顧者。（二）在主要照顧者人口學的變項中，量性研究得知「性別」、「教育程度」、「每天實際照顧時間」、「宗教信仰」四項與主要照顧者負荷有顯著性差異；質性研究發現照顧者會因爲照顧病患而調整自己原來的就業及生活方式、照顧者在性別分工的認知上存有男尊女卑及父權主義的觀念、照顧病患之角色少有改變、家族中大部份成員會合力協助照顧病人工作。（三）在照顧者獲得支持的程度上，量性與質性的研究結果相同，即經濟需求量最大、整體獲得支持屬中等程度、支持愈多負荷愈少。（四）照顧者在照顧病患前後關係互動、健康及經濟的轉變，量性研究得知只有經濟一項與主要照顧者的負荷有顯著相關，但質性研究發現互動關係變好者佔多數，而健康及經濟情形大致變差。（五）主要照顧者之負荷屬中等程度。同時質、量性研究一致呈現主照顧者對病患病情之擔心程度爲負荷中之最大。



關鍵詞：脊髓損傷、主要照顧者、負荷、需求



## 英文摘要

This study is designed to investigate the physiologic, psychologic and family- social burden for caregivers of spinal cord injury patients under home care. This study aims to examine the related factors of burden and understand the needs of caregiver. The study population are the members of Spinal Cord Injury Patient Association in Tainan City and Tainan County and Rehabilitation clinic patients in a medical center located in southern Taiwan. The valid samples are 53 through purposive sampling. The results show: (1) For the demographic data of patients, both “sex” and “membership of Spinal Cord Patient Association” variables are significantly associated with burden of caregiver. In interview findings, male patients demand more

from carers membership; marriage crisis will compared with female patients cause burden of carers; the utilization of social services and lessen the burden of carers; the severity of pressure sores puzzles caregiver. (2) In demographic data of caregivers, four variables, “sex”,“education”,“actual caring time” and “religion” are significantly associated with caregivers’ burden. In qualitatively study, the carers adjust their career and life style for patients; the carers have the recognition of sex discrepancy and paternity; few change in the role of caring patients; most members of family will act together in caring patients. (3) In the support of carers, result is the same in quantitative and qualitative study, that is, the economic demand is the greatest; the support in whole is moderate, i.e. the more support, the less burden. (4) In the quantitative study of interactive relationship before and after caring patients and the change of health and economics, only economics is significantly associated with caregiver’s burden, but, in qualitative study, most of the interactive relationship gets better and health and economic status get worse. The worrying degree of main carers for patients is unanimously the greatest in burden both from quantitative and qualitative.
KEYWORDS: spinal cord injury, caregiver, burden, demand