接受連續可活動性腹膜透析治療末期腎病青少年疲憊感之經驗

The Experiences of Fatigue Among ESRD Adolescents on Continuous Ambulatory Peritoneal Dialysis

中文摘要

本研究目的，主要在探討接受連續可活動性腹膜透析治療末期腎病青少年疲憊感之經驗。採質性研究之深度訪談及內容分析，訪談九位接受連續可活動性腹膜透析治療末期腎病青少年，得到受訪者主觀的描述性資料。經內容分析法，獲得接受連續可活動性腹膜透析治療末期腎病青少年疲憊感之經驗的四個主題，分別為「自我負擔加重」、「日常生活困擾」、「無法跳脫的枷鎖」和「不斷尋求改善」。在自我負擔加重主題中有「承擔自我照顧責任」、「學校課業負擔」、「服藥困擾」、「體力消耗」四個主要類屬。當末期腎病青少年開始接受連續可活動性腹膜透析治療時，其身體機能開始出現疲憊感症狀時，日常生活困擾有「睡眠遭受干擾」、「注意力不集中」、「全身無力」、「動作遲鈍」、「噁心、嘔吐」、「沮喪」。在日常生活困擾所引起的身心耗竭主題中有「與人疏離」、「學業退步」、「被標記化」及「單調一成不變的生活」。面對這些疲憊感感受時，末期腎病青少年不斷嘗試以「尋求親友幫助」、「增加體力」、「調整認知」、「做自己喜歡的事」、「尋求資訊」來尋求改善。

此研究結果將讓醫護人員了解影響接受連續可活動性腹膜透析治療末期腎病青少年疲憊感因素，提供醫療政策體制、促使學校及政府能重視末期腎病兒童疲憊感之經驗。

英文摘要

The purpose of this study was to explore the experiences of fatigue among ESRD adolescents on Continuous Ambulatory Peritoneal Dialysis (CAPD). It was conducted by qualitative method of in-depth interview and content analysis. Data were collected through interviews with 9 adolescents on CAPD who experienced fatigue. Four themes were generated: (1) increased self-care burden, (2) daily life disturbance, (3) no way to unlock the shackle, and (4) keep seeking improvement.

The increased self-care burden theme four categories: (1) do one’s self-care duty, (2) school-related burden, (3) medication-taking disturbance, and (4) energy consumption. Adolescents expressed physical, emotional, and mental fatigue in the theme of daily-life disturbance. These experiences can be arranged into six categories (1) sleep disturbances, (2) having difficulties in concentration, (3) loss of energy, (4) move sluggishly, (5) nausea and vomiting, and (6) feeling sad.

During the experiences of fatigue adolescents had the perception of “ no way unlock the shackle” that include four categories: (1) isolation from others, (2) worsen

schoolwork, (3) get labeled, and (4) invariable life. Facing the fatigue experiences, adolescents keep trying to seek improvement by: (1) seeking helps from families and friends, (2) refill and maintain energy, (3) modify one's thought, (4) do one's favorite things, and (5) seeking information.

The findings of this research can help nurses in Taiwan understand the experiences of fatigue among of ESRD adolescents on CAPD. Suggestions generated from this study can be used to formulate related health care policies and direct school and government's focus on the fatigue experiences among ESRD children.