

Ketamine物質使用臨床症狀護理

Nursing Care of the Ketamine Abuse Related Symptoms

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摘要

Ketamine 是一種短效性非巴比妥類麻醉劑，由於取得及製造容易，成為物質濫用者(substance abuser)選用的物質之一，Ketamine 會造成妄想、知覺扭曲等症狀，甚至出現危險行為。護理人員應能評估認識相關症狀，提供合適的護理照護，另外 Ketamine 會扭曲病人的知覺，照護時需注意提供一個安靜、支持性的環境，減少刺激，預防受傷，以清楚的話語，溫和的態度和病患溝通，不可將病患留置在觀察不到的地方，並予以症狀治療，病患有可能行為失控，甚至暴力的反應，如有必要約束病人時，亦應小心為之，預防復發需配合自我控制訓練，學習問題解決技巧，加入自助團體或戒治機構。

Abstract

Ketamine, a non-barbiturate anesthetic agent, becomes a common choice for substance abusers due to its feasibility and accessibility. Delusions, sensory distortions, and even dangerous behaviors may result from its abuse. Competent nurses should be familiar with evaluation of the clinical symptoms related to its abuse, in order to provide appropriate nursing care. In acute stage, a calm and supportive environment is necessary to treat the distortion of users' reality from Ketamine, reduce stimulation and prevent harmful events. Clear, warm communications, as well as symptomatic treatment in an observable situation are needed. Careful physical restraining procedures are crucial to manage users' occasional uncontrolled behavior and violence. Relapse prevention should be combined with self controlled training, problem-solving skills, self help groups, or abstinence institutions in rehabilitative stage.