

# 胸腹手術後病人的肺部復健

## **Pulmonary Rehabilitation of Patients Following Thoracic and Upper Abdominal Surgery**

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### **摘要**

胸腹手術傷口就在呼吸肌，增加患者麻醉後肺部復健的困難度，使肺炎及肺擴張不全合併症的發生率提高，加強胸腹手術呼吸復健更形重要性。本文自病理生理的角度，闡述胸腹手術後肺部合併症發生的機轉，並就各臨床處置方法討論文獻上對成效的探討，提出運用上肢運動對胸腹手術患者呼吸復健護理的建議。

### **Abstract**

The incidence of pulmonary complications is high in patients undergoing thoracic and upper abdominal surgery. Such surgery requires that an incision be made into the patient's respiratory muscles. As a result, each respiration taken induces great pain, which makes patients breathe shallowly and prevents their taking deep breaths and coughing. This article takes a pathophysiological approach in examining the mechanisms involved in the development of pulmonary complications and critiques the effectiveness of rehabilitative interventions that are described in the published literature. Upper arm exercise is suggested as an effective and acceptable intervention to promote pulmonary rehabilitation for this group of patients.