

精神復健於慢性精神分裂病患之護理經驗一個案探討.

## **Psychiatric Rehabilitation in a Chronic Schizophrenic Patients : A Case Study**

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### **摘要**

本文藉由文獻探討介紹精神復健中社交技巧訓練與支持性就業，在矯正慢性精神分裂病患因疾病造成的功能失調之成效，以一位病患的復健歷程做分析比較，除了協助病患在工作中職務再設計外，還針對其焦慮、個人因應能力失調、社交互動障礙等問題，運用護理過程協助改善，並定期與個案之主治醫師聯繫討論用藥效果、監測病情變化等，期望經由學理的配合，對於護理人員在協助病患漫長的精神復健過程中能有所助益。

### **Abstract**

This case report is based nursing experience with psychiatric rehabilitation in a chronic schizophrenic patient. The effects of social skills training and supportive employment on the correction of the patient's functional impairment was evaluated. The main purposes were job redesign and nursing care of the patient's problems. Nursing problems including anxiety, ineffective individual coping and impaired social interaction were managed by the author during the two-year period. The effect of medication and prognosis of the disease were further discussed with her doctor in charge. This article might be helpful to nurses in assisting patients in long-term psychiatric rehabilitation..