

頭部外傷病患出院前後家屬照顧者壓力源及因應方式之探討.

Stress and Coping of The Family Caregivers Before and After The Head Injury Patient's Discharge

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摘要

本研究為一相關性、描述性研究。目的在探討頭部外傷患者住院時及出院後一個月，家屬照顧者之壓力感受、因應方式及其影響因素。本研究以立意取樣法選取 20 位頭部外傷病患及其家屬，以參閱病歷、觀察、會談、及自設的「家屬壓力量表」及「因應量表」，於病患出院前一週及出院後一個月對家屬進行訪談。結果顯示病患出院一個月後，家屬照顧者來自病患身體症狀、認知功能損傷及照顧的知識能力之壓力顯著下降。病患住院時家屬照顧者壓力的主要預測變項為是否因事故而有糾紛。病患出院一個月後家屬壓力的主要預測變項為病患的癒後等級 (GOS)。病患住院前後家屬的因應方式並未因壓力降低而明顯改變。病患事故時是否有飲酒最能預測家屬於病患住院中使用的因應頻率。住院時家庭功能衝擊所導致的壓力與家屬的因應方式最相關；病患出院後則為照顧的知識能力壓力與因應方式最相關。

Abstract

This is a correlational and descriptive study. The purpose of the study was to realize the perceived stress and coping strategies of family caregivers before and after the head injury patient's discharge. The relationship of the stress and the coping strategies and the factors related to stress coping also were examined. Twenty head injury patients and their family caregiver were selected by purposive sampling. Two instruments, the Stress Survey and the Caregiver coping Inventory, developed by the investigator were used to measure perceived stress and coping strategies of family caregivers.

Data were collected by means of chart review, patient observation, and interview. The results of the study revealed that the stress from the patient's physical symptoms, the impaired cognitive function and knowledge deficit decreased significantly one month after patient's discharge.

Before and one month after patient's discharge, whether there are disputes on the event and the patient's GOS score are the main predicting factors in the perceived stress of family caregivers, respectively. The coping strategies used did not change a lot one month after patient's discharge. Whether there was drinking on the accident is a significant predictor in the frequency of the coping strategies used. A significant relationship was observed between the perceived stress from the impact of the family function and the coping strategies used before patient's discharge. After patient's discharge, the stress from the lack of knowledge in patient care was correlated to the coping strategies used.