

【护理教育】

扁桃体摘除术病人的双语护理教学查房

Nursing seminar on patient of tonsillectomy

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周总护士长:为提高护理人员英语水平,规范我们外科的护理查房,今天对耳鼻喉科一位慢性扁桃体炎行扁桃体摘除术的病人进行双语教学查房。下面请护士长组织。

General charge nurse, Madam Zhou: In order to improve English level of our nurse team and standardize seminar in our surgery department, today we will carry out bilingual course of seminar on a patient after tonsillectomy. So let's ask charge nurse to hold the following procedure.

护士长:今天,我们对1床病人进行护理查房,先请曾护士介绍病情。

Charge nurse: Today, we will have a seminar on the patient on the first sicked. Firstly, let's ask Nurse Zeng to give an introduction on the condition of the patient.

曾护士:病人,李某,女,24岁,因反复咽痛、发热2年于6月29日收治入院,入院诊断为“慢性扁桃体炎”,入院时一般情况好,生命体征平稳,医嘱予二级护理,普食,于7月2日在局麻下行“双侧扁桃体摘除术”,手术过程顺利,目前病人病情平稳。病人是一名护士,性格开朗,平素身体健康。

Nurse Zeng: As you see, the patient, named Li, female, 24 years old, was admitted in hospital on 29th June because of repeated fever and sore throat for 2 years and diagnosed with chronic tonsillitis. The patient's general condition was good and vital signs remained stable when admitted, No.2 nursing grade as ordered and normal diet. Both-side tonsillectomy done on 2nd July under local anaesthesia. The procedure went very smoothly. Now the patient's condition is stable. The patient is a nurse, open-minded, usually in good health.

护士长:“慢性扁桃体炎”是耳鼻喉科常见病,曾护士已介绍了病情,现由谢护士来介绍其手术前的护理问题,以及采取了哪些针对性措施。

Charge nurse: You know chronic tonsillitis is an

ordinary illness in our E.N.T department, Now I would like Nurse Zeng has introduced the patient's condition, now let's ask Nurse Xie to introduce the nursing diagnosis and its nursing measures before the operation.

谢护士:病人是首次做手术,但对手术成功一直很有信心,术前存在的问题主要是“知识缺乏”,主要采取了如下措施:(1)介绍同类病人治愈的情况;(2)介绍手术经过及配合注意事项;(3)保持口腔清洁,使用漱口水,防止术后感染。

Nurse Xie: Although this was the patient's first operation experience, she remained confident about the operation. The main nursing problem preoperatively was knowledge deficit. According to her nursing diagnosis we took such measures as:(1)introduction of the good recovery of the similar case;(2)introduction of the process of the operation and cooperation measures;(3)keeping mouth clean by gargling to prevent infections post-operatively.

护士长:术后主要应做好减轻伤口疼痛及防止伤口出血的护理。请李护士谈谈术后的护理问题及对策。

Charge nurse: We should focus on the pain care and bleeding of the wound. Nurse Li, you are in charge of nursing the patients after operation. Can you say something about the postoperative nursing care for the patient?

李护士:病人术后主要存在3方面的问题:(1)咽部疼痛,与手术创伤有关;采取的措施有:a.介绍疼痛的规律性,做好心理疏导;b.颈部给予冰敷;c.必要时遵医嘱给予镇静止痛剂;(2)吞咽障碍,与咽部疼痛有关;采取的措施有:a.指导病人正确进食,术后早期进全流食,之后改半流食,食用高蛋白、高热量、高维生素食物;b.进食前后漱口,保持咽部、口腔清洁;c.进食时取舒适的体位;d.遵医嘱使用抗生素,减轻局部充血、水肿;(3)伤口出血的危险,与手术创伤有关;采取的措施有:a.采取半卧位,观察有无频繁吞咽动作,指导病人勿下咽口腔内分泌物;b.术后当天禁止说话,避免因活动引起伤口出血;c.注意休息,避免剧烈咳嗽、用力咳痰或打喷嚏,防止伤

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口出血;d.避免进食干硬、辛辣刺激的食物。

Nurse Li: OK.As far as I knew,the patient had three main problems after operation. (1)Throat pain related to the tonsillectomy, care plans included: a. introduced the pain pattern, and comforted the patient; b. located ice bag on his neck; c. used sedatives and analgesics as ordered if necessary. (2)Difficulty in swallowing, related to throat pain, implementation: a. instructed the patient with the right diet, taking clear-liquid diet after operation, then semi-fluid diet, taking food with high protein, high calorie and abundant vitamins; b. gargling to keep throat and mouth clean before and after eating; c. lying in a comfortable position when eating; d. used antibiotics according to doctor's order, alleviated local engorgement and edema. (3) Risk of wound bleeding, related to operation, nursing measures took as follow: a. gave a semi-lying position, observed for frequent swallowing motion, instructed the patient not to swallow the secretion of mouth; b. no speaking on the first day after operation to avoid bleeding of the wound; c had a good rest, avoided intensive cough, spit and sniff to prevent bleeding; d. no dry, rough and spice food.

护士长:针对病人术后护理措施,其他护士有什么补充?

Charge nurse: Anyone has other opinions on the nursing measures after operation?

彭护士:术后第一天开始应鼓励病人多做张口伸舌动作,小声多说话,以防止伤口粘连。

Nurse Peng: Well, I would like to say something. On the first day after operation, better to encourage patient to open mouth and do some tongue motion often, speaking in low voice often also to prevent the wound from adhesion.

护士长:李护士对该病人提出了3个护理问题,也针对性采取了护理措施,彭护士已补充了一点,在这里我再补充3点:(1)观察伤口出血主要是观察病人痰中带血情况,术后当天痰中会出现新鲜血丝,量逐渐减少,往往此时病人会产生焦虑情绪,这时应对病人做好解释工作;(2)观察伤口伪膜生长情况,一般术后24h内伤口会覆盖一层白色伪膜,如果伪膜生长不完全或呈污垢色,提示感染的可能,应报告医生;(3)术后4~6h可进冷全流饮食,如伤口伪膜生长良好,可改进温半流饮食,注意饮食温度,温度过高会促使血管扩张引起伤口出血。

希望通过这次查房,大家对该病及其护理有更深刻更全面的认识。

Charge nurse: Nurse Li has talked about three nursing problems on the patient and its countermea-

asures and Nurse Peng has given another one. Herein, I would like to add three other points: (1)Observation should focus on the blood in the sputum. It's normal to have some fresh blood in the sputum on the first day postoperatively, then the blood should decrease slowly. Usually the patient worries about this, so we should do our explanation on it. (2)Usually in 24 hours,a white membrane will form on the whole wound.If the membrane is not enough to cover the whole wound or it is in a dirty color, that shows the possibility of infection, we should report this to doctor. (3)4~6 hours after operation, the patient can take cold clear-liquid diet.If the membrane is well formed, then the diet can be changed to a warm full-liquid diet. Pay attention to food temperature since high temperature will cause the dilation of the blood vessel which will further lead to bleeding of the wound.

I hope everyone here will have a better and full understanding of the illness and its nursing care after today's seminar.

周总护士长:今天的查房大家讲得都挺好,大家对慢性扁桃体炎手术病人术前术后护理进行了深入细致地探讨,在英语方面,我发现大家都做了充分的准备,表达比较清楚,语言比较流利。希望通过这次双语护理查房,能进一步调动我们护理人员学习英语的积极性。随着我国加入WTO,各类外资医院将不断增加,对外交流的机会亦增多,我们的护理工作也要逐步与国际接轨,因此对我们护士的英语水平有了一个更高的要求。希望大家在今后的工作中理论联系实际,在业务上精益求精,在英语学习上积极主动,提高我们自身素质,去迎接新时代的机遇与挑战。

General charge nurse, Madam Zhou: Everyone did a good job in today's seminar. We have a deep and detailed discussion on the nursing of a patient with tonsillectomy before and after operation. As far as English is concerned, everyone makes a good preparation with clear and fluent expression. I hope this bilingual course of seminar will further increase our interest in English study. With China's entry into WTO, all kind of foreign hospitals will enter china, so we must improve our nursing level to accord with the international practice,along with the higher requirement on English ability of our nurse staffs. Hoping that everyone can combine theory with practice in our routine work for a higher nursing capability and study English more actively to improve our personal ability, getting ready to face the challenge and opportunity of new era.

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