

## 照顧一位復發性外陰癌個案之護理經驗

### Abstract

本文為描述一位因復發性外陰癌，經歷多次清創、淋巴廓清術及植皮手術的病患，因癌症的復發於術後出現責怪、埋怨及對疾病的不確定感而產生焦慮之護理經驗。照護期間自2015年02月24日至2015年03月18日止，筆者運用觀察、會談、直接照顧及查閱病歷等方式收集資料並歸納分析，運用Gordon十一項功能性健康評估作為架構，歸納出個案有組織完整性受損、急性疼痛及焦慮之護理問題。護理過程針對個案護理問題擬定照顧計畫，藉由觀察傷口、採無菌技術予傷口護理並教導個案及家屬傷口照護注意事項以改善組織完整性受損；利用觀察簡易疼痛量表評估疼痛情形，教導轉移注意力及放鬆的技巧、使用藥物及非藥物方法緩解病人疼痛；透過傾聽、關懷及同理心接受，建立良好的護病關係，並引導採正向態度，改善焦慮問題，使個案獲得身、心、靈的滿足並順利出院返家。希望藉由此護理過程，提供給未來護理人員對此疾病的照護參考，提升病人住院的照護品質。

Keywords：組織完整性受損、急性疼痛、焦慮

## The nursing experience of recurrent vulvar cancer patient

### Abstract

This is an article describing the nursing experience, for a patient suffered Recurrent vulvar cancer, who has received numerous debridement, lymphoid dissection and skin graft surgery, the patient is anxious and has complained about the post-surgery recurrence and the uncertainty of cancer disease. Nursing period began on 24<sup>th</sup> of February, 2015 to 18<sup>th</sup> of March, 2015, the author gathers, conducts inductive analysis of information through observation, discussion, direct nursing care and searching medical record, utilizing the Gordon Eleven Functional Health Assessment as the article's core, and conclusion has been made that the patient has full tissue damage, acute pain and anxious nursing issues. The nursing plan is made targeting patient issue during nursing process, the patient received observation of wound and sterile nursing techniques, education of tips and things to be aware has been given to the patient and his/her family to improve the full tissue damage issue; utilizing Visual Analogue Scale(VAS) for pain assessment, education of techniques for how to relax and divert attention, using pharmacological and non-pharmacological methods to relieve the patient's pain; Through careful listening, caring and empathy to establish a good nursing-patient relationship, as well as using positive attitude to improve anxious state of the patient, making the patient satisfied both mentally and physically and returns home after discharged from the hospital. It is

hoped that this nursing process can be used as guidance for future nursing needs for nurse professionals, to improve the nursing quality for the patient hospitalized.

Keywords: full tissue damage, acute pain, anxious.