

## 摘要

本文描述一位 66 歲女性因修剪指甲導致左足部傷口感染後截肢患者之護理經驗，筆者於 106 年 7 月 20 日至 106 年 9 月 6 日照護期間，運用會談、觀察、溝通等技巧收集資料後，依個案生理、心理、社會及靈性層面進行整體性評估，發現個案有現存性感染、疼痛、身體心像紊亂健康護理問題，在護理過程中與病人建立良好護病關係，並針對上述護理問題提供個別性、整體性之護理計畫，包括教導運用放鬆技巧等方式減輕疼痛不適，提供傷口照護及衛教，藉由引發個案自我照護的動機，使個案能配合治療，運用主動關懷、同理及接受等技巧，協助身體照顧及鼓勵表達，協助個案適應因截肢後所導致的身體心像改變，正視截肢部位，邀請家屬參與共同照護活動，重建正向的自我概念，開始嘗試面對截肢後生活，使其身心社會得到正向的適應，並能享受更好生活品質，故期望藉由此護理經驗的分享，做為相關案例照護的參考。

## Summary

Elaborated in this paper is nursing experience of a sixty-year old woman who had to amputate her left leg due to infection caused by cutting her toenails. The author has cared for her from July 20<sup>th</sup> to September 6<sup>th</sup>. After gathering information through negotiation, communication and observation, a complete evaluation based on physical condition, mental condition and spirituality was carried out. It was discovered that the subject of this case study had health problems of extant infection, pain and mental suffering. A friendly nursing relationship was established through the process of caring for her and a complete nursing plan was made for this individual according to her problems. This included teaching her methods to relax and reduce pain while providing care and sanitary education for wounds. The subject was motivated to care for herself during the process, which lead to her feeling encouraged to cooperate throughout the whole medical procedure. Care, empathy, and acceptance assists and encourages the subject to adapt to the physical and mental changes caused by her amputation. The subject faces her amputated parts bravely, her family members are invited to participate in nursing activities, and through this process the subject gradually regains her ego. She starts to adapt positively and enjoys a life with better quality. This is why this experience is worth sharing and could be used as a reference for related nursing cases.