

開口困難な重症心身障害者に対する口腔ケアの見直し

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Reconsideration of oral health care for persons with sever motor and intellectual disabilities who show disturbance of mouth opening

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要旨

開口困難をきたし口腔内の清潔が図りにくい B 氏に対して、安全で効果的な口腔ケア法を確立するために、J. Eilers らの口腔アセスメントガイドを基に口腔アセスメント表を作成し、口腔内の状態を評価して口腔ケアの方法を検討、見直しを行った。つまり、K ポイントの刺激で開口を促し、開口補助器具「ゆびガード」で開口保持を図り視野を確保した。さらに、歯ブラシとスポンジブラシの使用により唾液分泌を促進した結果、開口困難な B 氏とケアする側のスタッフの安全が確保されると共に口腔内の清潔維持に繋がった。鳥取臨床科学 5(2), 74-80, 2013

Abstract

A 50s-year-old female inpatient B with severe motor and intellectual disabilities, admitted to Hospital A, showed disturbance of mouth opening. This made it impossible for nursing and care staff to keep her oral cavity clean. To provide a safe and effective method of oral health care, we made an assessment table for oral health conditions based on the Oral Assessment Guide proposed by J. Eilers. With this table, we assessed her oral health condition, and reconsidered and revised the present method for oral health care previously used in our ward; that is: (i) facilitation of mouth opening by stimulating the K-point; (ii) keeping the mouth open with the assistance of a mouth-opening tool, named a “Finger Guard”, which makes it possible to broadly observe the inner conditions of the opened oral cavity; and (iii) enhancing salivary secretion by massaging the oral mucosa overlying the salivary glands with a toothbrush and a sponge brush used for oral health care. Using the revised method for patient B has resulted in securing the safety of nursing and care staff during oral health care and keeping the oral cavity clean. Tottori J. Clin. Res. 5(2), 74-80, 2013

Key Words: 重症心身障害児（者）、開口困難、開口補助器具、口腔アセスメント、口腔ケア: children (persons) with severe motor and intellectual disabilities, disturbance of mouth opening, mouth-opening tool, oral assessment, oral health care

はじめに

A 病院の重症心身障害児（者）病棟に入院し

ている患者には、精神発達遅滞等により口腔ケアに対する理解が困難な患者が多い。また、口