

## 隔離病床入院中の結核患者の看護 ～心理状態の変化に合わせた援助方法～

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### Nursing care for tuberculous patients hospitalized in isolation wards -Strategies to support patients according to changes in their psychological state-

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#### 要旨

隔離病床に入院中の結核患者にとって、どのような看護援助が求められているかを考察することを目的に、陰圧病床に入院中の患者を対象として看護研究を行った。入院から陰圧病床退室までの看護記録に基づいて、症状や治療の経過、病状に対する思い、結核病床の環境等の療養生活についての心理面に焦点をあてて、それに対する看護師の援助内容を振り返った。看護援助を有効なものにするためには、コミュニケーションを密にして、心理状態に合わせた看護援助が必要であること、患者の心の励み・闘病意欲を高めるためには、患者の思いを汲み取る看護師の細やかな配慮が重要であることが分かった。また、隔離下というストレスを少しでも軽減するためにも、入院前の環境に近い環境を提供することや、家族の支援・気分転換活動の充足を図っていくことで、心理的苦痛を軽減することが必要であることが明らかとなった。鳥取臨床科学 8(1), 64-73, 2016

#### Abstract

In order to discuss nursing support required by tuberculous patients hospitalized in isolation wards, a nursing study was conducted involving a patient hospitalized in a negative-pressure room. On the basis of the nursing records made from admission through to negative-pressure room discharge, we focused on the symptoms of the patient, his treatment courses, and psychological perspectives on long-term recuperation (e.g., his feelings regarding his disease conditions), and reviewed the details of support from nurses. The results of our study indicated that it is necessary to provide patients with nursing support through close communication with them and according to their psychological state in order to make the support effective, and it is important for nurses to pay careful attention to patients and understand their feelings in order to encourage them to fight their diseases.

In addition, we suggest that, to help patients reduce the stress of being isolated, there is a need to provide them with an environment close to their pre-admission environment, and relieve their psychological distress by improving family support and recreation. Tottori J. Clin. Res. 8(1), 64-73, 2016

Key Words: 結核患者, 隔離病床, 患者の心理状態, 隔離ストレス, 看護援助; tuberculous patients, isolated bedrooms, bedroom environment for tuberculous patients, patients' psychological state, stress of being isolated, nursing support

#### はじめに

A 病院は県の結核医療を担う基幹病院であり, B