

## 初発脳卒中で片麻痺のある患者の主介護者の思いと退院支援の在り方

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### Feelings of the main caregivers of hemiplegic patients with primary stroke, and the current state and future of discharge support

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#### 要旨

自宅退院した初発脳卒中患者の主介護者に対して、退院 1 週間後に家庭訪問してインタビューを実施し、入院中に行った支援内容と照らし合わせて検討し、現在病棟で行っている退院支援の課題を明らかにすることを目的に看護研究を行った。

退院後の主介護者へのインタビューの結果から、【退院後の生活に向けた準備不足】、【予測できない出来事への不安】、【指導内容を活用した生活の工夫】、【地域の円滑な連携システム】、【介護への覚悟】の 5 つのカテゴリーが抽出された。また、初発脳卒中患者への退院支援に関する病棟看護師の課題として、(1) 入院早期からの主介護者との情報のやり取り、(2) 退院に向けた目標設定と主介護者の看護ケアへの参加を促す支援、(3) 家屋調査・カンファレンスを契機にした計画的な退院指導の 3 点があがった。鳥取臨床科学 8(1), 45-53, 2016

#### Abstract

In the present nursing study, we visited and interviewed the main caregiver of a primary stroke patient who had been discharged home. This interview was conducted one week after discharge with the aim of reviewing the details of the support provided during hospitalization in comparison with the interviewee's accounts, and clarifying the issues regarding discharge support that is currently provided on wards.

On the basis of the interview, the following five categories were extracted: a "lack of preparation for post-discharge life", "anxiety over unpredictable events", "advancing life-related ideas based on the guidance provided", "smooth regional cooperation systems", and "preparedness for providing care". In addition, ward nurses providing discharge support for primary stroke patients need to: 1) share information with the main caregivers from early after admission, 2) provide support that encourages them to set a goal aimed at discharge and participate in nursing care, and 3) conduct home investigations and conferences in a purposive manner with the aim of providing discharge guidance. Tottori J. Clin. Res. 8(1), 45-53, 2016

Key Words: 回復期リハビリテーション病棟, 退院支援, 初発脳卒中, 主介護者, 家庭訪問; convalescent rehabilitation wards, discharge support, primary stroke, main caregivers, home visit