

不安感の強い筋萎縮性側索硬化症患者にタクティールケアを用いた効果の検討

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Effects of using tactile care for highly anxious patients with amyotrophic lateral sclerosis

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要旨

神経難病病棟で療養中である筋萎縮性側索硬化症（以後 ALS）患者の人工呼吸器装着の A 氏は、病状の進行に対しての恐怖感、絶望感があり、不安や悲観的な訴えが多い。そこで、心地よさや安心感を与え、不安感の軽減をもたらすタクティールケアに取り組み、その効果を明らかにした。手から伝わる温もりと共に穏やかな時間を過ごすことで、リラクゼーション効果をもたらすことができた。患者に寄り添い、手を通して密な関わりを持つことにより安心感を与えることができた。短時間であっても、1 人の人として向き合うことにより信頼関係を作ることができた。鳥取臨床科学 8(2), 91-97, 2017

Abstract

A patient A with amyotrophic lateral sclerosis (ALS) who is being treated in the ward for intractable neuromuscular diseases always wears an artificial respirator. The patient A has fear and hopelessness on his disease progress, and his complaints are often full of insecurity and pessimism. In order to provide comfort and security for the patient A, we took an initiative with tactile care which reduces anxiety, and elucidated its effects. We found the provided warm through the hands and passing peaceful time had a relaxing effect. By standing by the patient and forming a close patient-carer relationship through the hands, the nurses and care workers were able to provide feelings of security. Even if it was a short time, this one-on-one contact seemed to be productive in creating a relationship of trust with the patient. Tottori J. Clin. Res. 8(2), 91-97, 2017

Key Words: タクティールケア, 筋萎縮性側索硬化症, 人工呼吸器, 患者の不安感, フェイススケール Tactile care, Amyotrophic lateral sclerosis, artificial respirator, patient anxiety, face scale