

紙おむつを使用しての洗髪用具の検討

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An attempt to make a shampoo tool using paper-made diaper pads

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要旨

多忙な看護処置の中、治療が優先され洗髪の時間がとれない現状があった。紙おむつを使用すると、安静度を保持したまま洗髪が行え、そして、準備・後片付けの時間が短縮され、より多くの患者の洗髪が実施できるようになった。しかし、我々看護師は本来、排泄に使用する紙おむつを洗髪に使用する事に抵抗感を持っていた。そこで、この抵抗感を明確にし、専用の髪パッドを作成する事で、抵抗感がなく紙おむつのメリットを利用しての洗髪が出来るのではないかと考えた。従来の洗髪用具と紙おむつを比較する事でメリット・デメリットを抽出し、改良を重ねて専用の髪パッドを5種類考案した。結局、実用的な髪パッドの作成ができず抵抗感がなくなるような髪パッドに至らなかったが、その経過の中で患者・家族に説明し同意を得る事で、研究前に比べて、我々の紙おむつを洗髪に使用する抵抗感の緩和がはかれた。鳥取臨床科学 1(2), 325-331, 2008

Abstract

We do not have enough time to shampoo patients because of our busy routine of daily nursing. By using disposable diapers, it became possible to shampoo a larger number of patients, without any changes in the resting state of patients in bed, and with shortening of the time to get all set and tidy up for shampooing. However, we have hesitated to use such diapers for shampooing, which usage is completely different from their original usage. Therefore, we tried to clarify why we hesitated about it and to design new special paper pads for hair shampooing with making the most of the merit in paper-made disposable diapers. Through our trials to use newly-designed paper pads, we considered the possibility to shampoo efficiently the patients without such hesitation. In comparison of the existing shampoo tools with such newly-made paper pads, we discussed any advantages and disadvantages of the both, and finally designed five different types of paper pads for hair shampooing after repeated improvements. After all, although we did not find suitable paper pads that we did not hesitate to practically use, we were able to reduce such hesitation to some extent through our process to obtain the informed consent from patients and their families. *Tottori J. Clin. Res.* 1(2), 325-331, 2008

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