

座位保持困難な重症心身障害児（者）の摂食体位の工夫

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An approach to a better sitting position during meals for a severely handicapped person who is not able to keep sitting up without support

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要旨

重症心身障害児（者）は頸部、体幹、骨盤帯の支持性が低下している場合があり、正常な座位姿勢の保持が困難である。当病棟では座位保持を目的として、筋緊張の低下している患者への食事介助を行う際、座椅子を使用している。しかし、座椅子を使用して上体を挙上することはできても、体動や支持性の低下により座位を保持することが困難な状況である。特に、摂食時、咳き込み、むせ、無理な座位保持による患者の苦痛、食事時間の延長による患者及び食事介助者の疲労など様々な問題が生じている。今回、患者 K 氏について、座椅子での摂食時の良肢位を検討・評価したことで、安定した座位保持を確立することができ、座位保持方法を統一することができた。そのことにより、患者は安定した安全・安楽な体位で食事介助を受けられ、また、摂食機能上の問題の改善がみられた。鳥取臨床科学 1(2), 304-310, 2008

Abstract

Some severely handicapped children (persons) have decreases in the supporting properties in their cervical, trunk and pelvic muscles, and it is difficult to keep their normal sitting positions. In our ward, when patients with hypotonia have meals, they use legless chairs to retain their sitting postures. However, it is difficult for them to keep sitting up because they have a limited ability of motion and decreases in supporting properties, even though they can straighten up their bodies above the waists with back support of legless chairs. Particularly, while having meals with support of legless chairs, they have various problems, including coughing, choking, affliction derived from improper postures, and fatigue due to extension of a meal time. In addition, these problems make caretakers fatigued and stressful. For that reason, we discussed and estimated a better sitting position for a severely handicapped person admitted to our ward, with support of a legless chair during meals, and we were able to achieve our goal of providing her a better sitting position during meals, leading to our consolidation of the common method to maintain a stable sitting posture during meals. As a result, she enabled to have meals each time in the stable, safe and comfortable position, and we obtained resolution of the problems and improvement of her eating ability. *Tottori J. Clin. Res.* 1(2), 304-310, 2008

Key Words: 重症心身障害児（者）、座位保持、低緊張児、食事介助; severely handicapped children (persons), retention of sitting postures, hypotonic children, eating assistance