

精神科入院患者の退院支援

～退院調整のプロセスと看護師の役割～

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Discharge promotion service for inpatients in a psychiatric hospital

– The role of nurses in processes for discharge planning –

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要旨

退院調整はケアマネジメントの方法論を適用したものであり、7段階から成るプロセスで展開されると言われているが、実際の看護にあたっては今までそれらを意識して退院調整に関わって来たわけではなかった。そこで、病棟より訪問看護を受けながら、再入院することなく在宅生活を送れている患者の入院中から退院後の経過記録を、退院調整の7段階のプロセスに沿って振り返り、看護師に求められる役割を明らかにした。鳥取臨床科学 2(1), 1-7, 2009

Abstract

Discharge is planned and carried out according to the rationale for care management; that is, planning consists of a seven-step process, including: (i) screening of inpatients with an expected delay in discharge, (ii) assessment of the selected inpatients, (iii) planning of discharge promotion, (iv) conference with persons in charge of the promotion, (v) actual carrying out the plan after discharge, (vi) monitoring the patients, and (vii) final assessment of the outcome. However, in our daily nursing practice, we have not always carried out discharge planning, considering this seven-step process for promoting discharge. Therefore, to clarify how nurses are involved in this process, we selected outpatients who have received home care services after discharge provided by the nurses from Ward K at a psychiatric hospital, and who had successfully begun the independent lives in their community without re-admission. We then reviewed the nursing records of these outpatients in home care services, and also the records from when these patients had previously been in the hospital. Finally, we clarified the role of nurses in each of the seven steps for discharge promotion. *Tottori J. Clin. Res.* 2(1), 1-7, 2009

Key Words: 退院調整, 退院調整のプロセス, ケアマネジメント; discharge planning, process for discharge promotion, care management

はじめに

K 病棟では入院中の退院困難な患者に向け