

抵抗の強い重症心身障害児（者）の口腔ケアの検討

～抱っこを取り入れた事例～

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Investigation of oral care that is resisted by children and persons with severe motor and intellectual disabilities – Effectiveness of hugs as reinforcement –

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要旨

重症心身障害児（者）には、身体的・精神的特徴から、口腔ケア時に緊張や抵抗があり、十分に協力が得られない患者が多い。本事例の患者 A も、口腔ケア時に抵抗が強かった。そこで患者 A の好きな「抱っこ」を取り入れることで口腔ケアがスムーズに行え、口腔内の状態が改善されることを目標に、口腔ケアの手順を作成し統一した関わりを行った。その結果、抵抗が少なくなり、「口腔ケアのための評価表」で 14 点から 10 点へと改善がみられた。本研究により、個々の患者の特徴を活かした口腔ケアの方法を検討し、取り組んでいく必要性を再認識した。鳥取臨床科学 3(1), 19-28, 2010

Abstract

Children and persons with severe mental and intellectual disabilities have physical and mental characteristics that easily induce tension and resistance to oral care. A male patient aged 30 years, presented herein, showed such characteristics while receiving oral care. To solve the problem caused by this resistance, we developed a protocol for oral care, including hugs as reinforcement, which he enjoyed. This protocol was expected to promote consistent performance of oral care among nurses, thus actually resulting in smoother practice of oral care with his less resistance and in improvement of his oral health conditions. By providing oral care based on this protocol, the estimation point decreased from 14 to 10, which was graded according to our “estimation standard for oral care”. A lower score indicates better oral health conditions; therefore, our outcome indicates an improvement of his oral health conditions, which was achieved by obtaining better cooperation during oral care. In the present study, we realized that it is necessary to prepare individual protocols and practice oral care, according to the physical and mental characteristics of each patient. Tottori J. Clin. Res. 3(1), 19-28, 2010

Key Words: 重症心身障害児（者）、口腔ケア、抱っこ; children and persons with severe mental and intellectual disabilities, oral care, hugs

はじめに

重症心身障害児（者）は、身体的・精神的特徴から、口腔ケア時に緊張や抵抗があり協力を

十分に得られない事例がある。

平成 20 年に「口腔ケアのための評価表（ナースingtトゥディ参考）」（図 1）を作成し、同