

筋緊張のある重症心身障害児（者）への摂食アプローチ

～食事介助方法を統一して～

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Approach to providing eating assistance for children (persons) with severe motor and intellectual disabilities showing increased muscle tonus

– Unifying the procedures for providing eating assistance –

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要旨

車椅子座位時や食事摂取時に筋緊張の亢進，食事の際に緊張性咬反射（以下咬反射とする）の残存がある患者の車椅子移乗や食事の介助方法を統一することにより，筋緊張が緩和され，車椅子座位姿勢が安定し，より安全に食事摂取できることを目的に看護研究を行った．言語聴覚士（以下STとする），理学療法士（以下PTとする）の介入を得て，摂食嚥下・ポジショニングの知識や根拠を踏まえて学習会を実施し，車椅子移乗・食事介助手順を作成，スタッフが統一した食事介助ができるようにした．その結果，食事中・後のむせや咳嗽が減少し，車椅子座位姿勢が以前より崩れなくなった．鳥取臨床科学 3(2), 149-157, 2010

Abstract

Children (persons) with severe motor and intellectual disabilities usually represent increased muscle tonus and residual tonic biting reflex while sitting in a wheelchair and eating. The present study investigated whether unifying the procedures for assistance with eating and transferring to a wheelchair relieves the increased muscle tonus in patients and enables them to eat meals more easily and safely. Unifying the procedures included: (i) intervention by speech and physical therapists; (ii) meetings to learn professional knowledge on the physiology of feeding, swallowing and positioning; and (iii) construction of a manual for providing assistance in eating and transferring to a wheelchair. Through this study, the ward nurses could assist the patients using standardized procedures, resulting in decreased frequency of choking and coughing during and after eating, and more stabilized sitting postures on wheelchairs. Tottori J. Clin. Res. 3(2), 149-157, 2010

Key Words: 重症心身障害児（者），筋緊張，車椅子座位姿勢，食事介助，摂食・嚥下障害; children (persons) with severe motor and intellectual disabilities, muscle tonus, sitting postures on wheelchairs, eating assistance, feeding and swallowing disturbance

はじめに

重症心身障害児（者）は，受胎から新生児期までの間に生じた脳の非進行性病変によって

「食べる」という口の運動が阻害された結果，口から食べるという機能に障害を有しており，高率に摂食・嚥下障害が存在する．また，相反