

河北省高等学校实验教学教材（中英文版）

供护理学类专业用

护理学基础技术 操作常规

主编 李建民 邢凤梅



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前 言

科学技术的飞速发展、全球性医疗保健体制的改革,以及医学护理模式从疾病治疗转向健康促进和疾病预防,对高等护理人才的培养提出了新的质量内涵要求。护理学是一门应用性学科,实践性很强,护理技能操作是护理工作的基础,是临床实施护理措施的根本和保证。因此,如何在现代护理理念指导下进行护理技能教学是护理教育工作者面临的课题。

本教材适应国家对高等教育提出的特色办学的方针,根据护理专业学生的培养目标和教学大纲,以人的健康为中心,以护理程序为框架,以整体护理的思想为主线,结合2007年卫生部颁发的全国卫生系统护理技术操作50项考核要点,由我省五所本科院校中长期从事护理教学的护理专家,在总结各校教学经验的基础上编写而成的。编写中既注重理论性,又注重实用性;既注重传统,又注重新理论、新知识、新技术。我们希望学生在学习技能的过程中,保证患者安全、舒适,遵循各种操作原则,灵活实施护理操作。

本教材的23项操作均为临床护理人员和在校护生必须掌握的基本技能,每项操作都注有操作简程,依托护理程序,以便学生在学习和应用时形成整体护理思路。在强化培养目标的总体要求下,护理学教师可依据该教材进行教学和考核,切实提高学生的实际操作水平。

编写过程中,得到有关院校的大力支持和各位编审人员的通力合作,在此一并致以衷心的感谢。不妥之处,敬请读者批评指正。

李建民 邢凤梅

2008年4月

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一、备 用 床

(一) 护理评估

1. 评估病床是否完好、安全,床上用物是否洁净、齐全、适合季节需要。
2. 评估铺床时是否影响周围患者的治疗、进餐或休息。

(二) 护理计划

预期目标:

1. 病床符合实用、耐用、舒适、安全的原则。
2. 病室环境整洁美观。

(三) 护理实施

1. 流程图

准备→检查床、床垫、翻床垫→移开床旁桌、椅→铺床褥→铺大单→套被套→套枕套→移回床旁桌、椅→整理

2. 操作步骤

项目	内 容	分值	评分标准	扣分
准备 质量 标准 (13 分)	1. 操作者准备 着装整洁(衣、帽、鞋),洗手,戴口罩	4	服装、鞋帽不整洁 未洗手 未戴口罩	2 1 1
	2. 用物准备 床、床垫、床褥、棉胎或毛毯、枕芯、大单、被套、枕套	9	用物多或少一项	1
实施 质量 标准 (75 分)	1. 将用物按使用顺序折叠好放于治疗车上,推至床旁,站在床的右侧,检查床、床垫,翻转床垫(从床头至床尾或从近侧至对侧)	4	未检查床 未检查床垫 未翻转床垫	1 2 1
	2. 移开床旁桌距床 20cm,移椅至床尾正中,距床 15cm,将用物放置椅上	7	未移床旁桌 未移床旁椅 拖拉桌椅引起噪声	2 2 3
	3. 将床褥齐床头平铺于床垫上	4	床褥放置、铺法错误 床褥未齐床头	2 2
	4. 铺大单			
	(1)将大单放于床褥上,依次打开(先床头后床尾,先近侧后对侧)。铺好大单正面向上,中缝对齐床中线	4	大单中线与床中线未对齐 大单铺法不正确	2 2

续表

项目	内 容	分值	评分标准	扣分
实施 质量 标准 (75 分)	(2)移至床头处,右手托起床头的床垫一角,左手过床头中线将大单塞于床垫下。右手在距床头 30cm 处,向上提起大单边缘使其与床边垂直,侧看呈一等腰梯形。左手捏住床角,以床垫为界,右手先将下边底角塞于床垫下,再将上边底角塞于床垫下(图 1-1)	5	床角不平紧 床角折法不正确	3 2
	(3)移至床尾,同法铺好床尾床角	3	床角不平紧 床角折法不正确	1 2
	(4)移至床中间处,两手下拉大单中部边缘,掌心向上呈扇形将大单平塞于床垫下	2	大单不平紧	2
	(5)转至床的左侧,同法按床头→床尾→中部边缘顺序铺好左侧大单	12	大单铺法顺序不正确 每个床角不平紧 每个床角折法不正确 大单不平紧 床头未包紧 床尾未包紧	2 1 2 2 1 1
	5. 套被套			
	(1)站在床的左侧,将被套放于大单上,依次打开(先床头后床尾,先近侧后对侧)。铺好的被套上端齐床头,开口朝床尾,正面向外,中线与床中线对齐。然后再将被套开口端的上层打开至 1/3 处	4	被套中线与床中线未对齐 被套铺法顺序不正确	2 2
	(2)将棉胎放于被套尾端开口处(图 1-2A)。拉棉胎上缘中部至被套被头中部,充实远侧棉胎角于被套顶角处,展开远侧棉胎,平铺于被套内。同法铺近侧棉胎(图 1-2B、C)	6	棉胎放置、打开不正确 盖被被头不充实	2 4
	(3)移至床尾中间处,右手持被套下层底边中点、棉胎底边中点和被套上层底边中点于一点,左手展平一侧棉胎;两手交换,展平另一侧棉胎,拉平盖被,系好被套尾端开口处系带	5	盖被内外不平整 未系被套尾端系带	3 2
	(4)再移回左侧床头,先将盖被上端齐床头,再将近侧盖被边缘向内折成被筒与床缘平齐,尾端塞于床垫下。转至床的右侧,同法折叠另一侧盖被	6	盖被上端未齐床头 被筒两边未齐床缘 盖被尾端未塞于床垫下	2 2 2
	6. 套枕套 在床尾将枕套套于枕芯上,四角充实平整,平拖至床头,横放于床头,与床头平齐,开口处背门	7	四角不充实平整 与床头不平齐 开口处未背门	3 2 2
	7. 移回床旁桌、椅	4	未移回床旁桌 未移床旁椅	2 2
	8. 洗手	2	未洗手	2

续表

项目	内 容	分值	评分标准	扣分
评价 质量 标准 (12分)	1. 操作熟练,符合节力原则	4	操作不熟练 不符合节力原则	2 2
	2. 时间 6分钟	3	每超时1分钟	1
	3. 提问 注意事项、目的	5	答错或少一项	1

注:备用床(图 1-3)

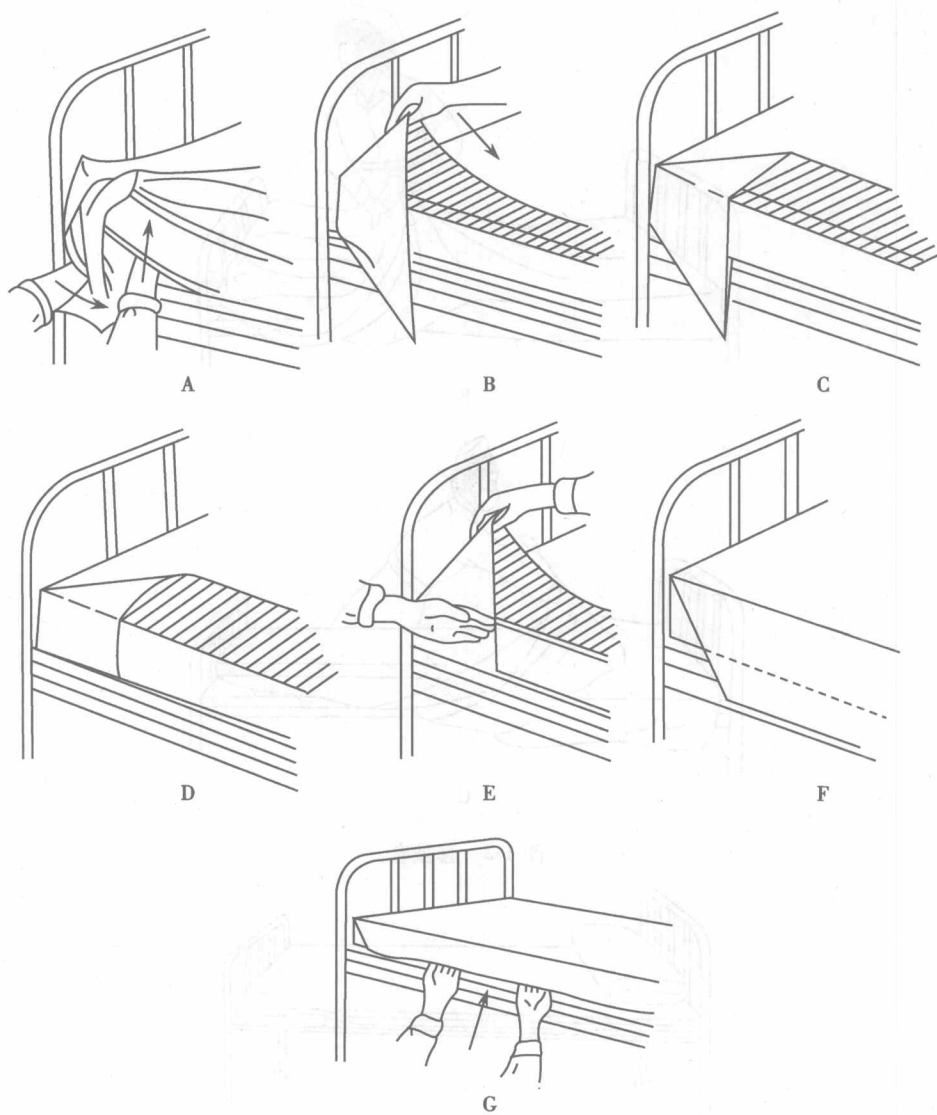
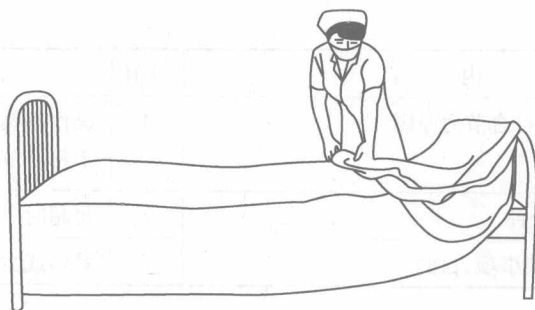


图 1-1 铺床角法



A



B



C

图 1-2 套被套

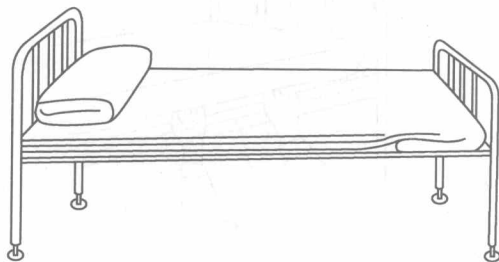


图 1-3 备用床

(四) 注意事项

1. 操作前检查用物是否破损,若有破损,及时更换,或有破损修补后再用。
2. 应用节力原理,姿势正确,层次分明,动作轻巧、迅速。
3. 病室内患者进餐或接受治疗时应暂停铺床。
4. 铺床完毕,整理周围环境,保持病室整洁、美观。
5. 铺床时动作轻柔,尽量注意减少灰尘扬起,以免对其他人造成不适。

(五) 理论知识

目的:

1. 保持病室的整洁、美观。
2. 准备接收新患者。

(孙淑丰 井坤娟)

Chapter 1 The Closed Bed

I . Nursing Assessment

1. Inspect the sick bed and the assembly of the equipment to ensure it is in good condition, safe and comfortable. The equipment on the bed must be clean, complete, and appropriate for season.

2. Assess if the performance or operation will affect other patients' therapy, dining or resting when making for the bed.

II . Nursing Plan

Expected outcomes:

1. The sick bed is consistent with the principle of rehabilitation, robustness, comfort and safety.

2. The unit is neat and pleasing to for the eye.

III . Nursing Implementation

1. Flow-sheet diagram

prepare the equipments→check the bed, check the mattress and turn it over→move the bedside table and bedside chair→apply the cotton-padded mattress→apply the bottom sheet→apply the top bedcovers→put a clean pillowcase on the pillow→replace the bedside table and the bedside chair→arrangement

2. Procedure

Items	Contents	Score	Standards	Deduct
Standards for preparation quality (score:13)	1. Operator's preparation The operator is dressed neatly (uniform, cap and shoes), washes hands and wears a mask	4	The uniform, cap and shoes are not tidy The operator doesn't wash hands The operator doesn't wear a mask	2 1 1
	2. Prepare the necessary equipments for making a bed; A bed, a mattress, a cotton-padded mattress, a quilt or blanket, a pillow, a bottom sheet, a coating, a pillowcase	9	One more or one less	1

续表

Items	Contents	Score	Standards	Deduct
Standards for performance quality (Score:75)	1. Fold the prepared materials above on request. Place them on the therapeutic car in order and then bring to the bedside. Stand on the right of the bed, check the bed, check the mattress and turn it over (from the head to the foot or from the near side to the opposite side)	4	Doesn't check the bed Doesn't check the mattress Doesn't turn the mattress over	1 2 1
	2. Move the bedside table about 20cm away from the left side of the bed. Place the bedside chair on the foot of the bed and keep it about 15cm away from the bed. Place the prepared materials on the bedside chair	7	Doesn't move the bedside table Doesn't move the bedside chair Makes noise	2 2 3
	3. Place the cotton-padded mattress on the mattress, so that the open end is even with the upper edge of the mattress. Unfold it	4	Incorrect placement or method Not even with the upper edge of the mattress	2 2
	4. Apply the bottom sheet			
	(1) Place the bottom sheet on the bed, so that it covers the mattress and the vertical central fold of the sheet is at the central line of the mattress. Unfold it (from the head to the foot)	4	The vertical central fold of the sheet is not at the central line of the mattress Method is incorrect	2 2
	(2) Support the mattress with the right hand, and tuck the excess sheet under the mattress with left hand. Lift the sheet at 30cm away from the head with the right hand to form an isosceles trapezoid. Tuck the hanging edge under the mattress with the right hand, while continuing to hold the bottom sheet with the left hand. Then bring the top of the isosceles trapezoid down and tuck it under the mattress (Figure 1-1)	5	The corner of the bottom sheet is wrinkled and not firm Incorrect way of making the corner of the bottom sheet	3 2
	(3) Move to the foot of the bed, apply the bottom sheet in the same way	3	The corner of the bottom sheet is wrinkled and not firm Incorrect way of making the corner of the bottom sheet	1 2

续表

Items	Contents	Score	Standards	Deduct
Standards for performance quality (Score:75)	(4) Move to the middle of the bed on the same side, tighten the edge of the bottom sheet, and then tuck it under the mattress and unfold it fan-shaped while the palm is upward	2	Bottom sheet is wrinkled and not firm	2
	(5) Move to the opposite side of the bed, apply the bottom sheet from the head to the foot and then the middle of the bed in the same way	12	Doesn't apply the bottom sheet in order	2
			One corner of the bottom sheet is wrinkled and not firm	1
			Bottom sheet is wrinkled and not firm	1
			Incorrect way of making the corner of the bottom sheet	2
			One corner of the bottom sheet is wrinkled and not firm	2
			The upper edge of the mattress is wrinkled and not firm	1
			The lower edge of the mattress is wrinkled and not firm	1
	5. Apply the top bedcover			
	(1) Place and unfold the coating on the bottom sheet, so that the center of the coating is at the central line of the bed and the top edge is even with the upper edge of the mattress. Spread the upper-layer-open-end of the coating to the one third of the coating	4	The center of the coating is not at the central line of the bed	2
			Doesn't apply the coating in the direction	2
	(2) Place the folded quilt in the open end of the coating (Figure 1-2A). Put the top of the quilt into the coating and ensure that both tops are trim. Unfold the opposite side of the quilt in the coating and ensure that it is even with the coating. Apply the near side in the same way (Figure 1-2B, C)	6	Doesn't place the folded quilt in the right place or uses incorrect method The top of the quilt is not even with the coating	2 4

续表

Items	Contents	Score	Standards	Deduct
Standards for performance quality (Score:75)	(3) Move to the foot of the bed and stand at the center. Pull the midpoint of the lower-layer-open-end of the coating with the right hand. Unfold the quilt at one side with the left hand, and then switch hands. Unfold the quilt at another side with the right hand. Make the quilt even with the coating. Tie the open end of it	5	The bedcovers are wrinkled and not firm The open end of the coating is not tied	3 2
	(4) Move to the left side of the bed. Ensure that the top of the bedcovers are even with the upper edge of the mattress. Tuck the bedcovers nearby inside and make it even with the hem of the mattress. Then tuck the end of the bedcovers under the foot of the mattress. Move to the opposite side of the bed. Apply the bedcovers in the same way	6	The top of the bedcovers is not even with the upper edge of the mattress The bedcovers are not even with the two side hems of the mattress The end of the bedcovers is not tucked under the foot of the mattress	2 2 2
	6. Put a clean pillowcase on the pillow. Pull the pillowcase over the pillow on the foot of the bed. Adjust the pillowcase so that the pillow fits into the corners of the case, and pull the pillow at the head of the bed so that it is even with the mattress and the open end of the pillowcase faces against the door of the room	7	The pillow doesn't fit into the corners of the case The pillow is not even with the mattress The open end of the pillowcase doesn't face against the door of the room	3 2 2
	7. Replace the bedside table and the bedside chair	4	The operator doesn't replace the bedside table The operator doesn't replace the bedside chair	2 2
	8. Wash hands	2	The operator doesn't wash his or her hands	2
Standards for evaluation quality (Score:12)	1. Proficient work conforms to the principle of saving time and energy	4	Non-proficient work Doesn't conform to the principle of saving time and energy	2 2
	2. Time 6 minutes	3	One minute longer	1
	3. Questions What are the announcements and the purpose of the exercise	5	The item is lessened or wrong	1

Remarks: the closed bed (Figure 1-3)

IV. Notes

1. Check the bed to find out if it is damaged before implementing the steps . If it is damaged, change it promptly, and use it again after being repaired.
2. Conforming to the principle of saving time and energy, the operator's posture is correct and the action is delicate and fast.
3. Please wait while the patients are having their therapy or meals.
4. Replace everything to keep the unit clear and tidy after completing the bed making.
5. When performing the bed making process, please be gentle and quiet, so that it does not disturb others.

V. Theoretical knowledge

Purpose:

1. To keep the unit neat and pleasing to the eye.
2. Steps are finished before a new patient is admitted.

(杜少英)

二、暂 空 床

(一) 护理评估

1. 评估住院患者的病情是否可以暂时离床。
2. 评估病床是否完好、安全,床上用物是否洁净、齐全、适合季节需要。
3. 评估铺床时是否影响周围患者的治疗、进餐或休息。

(二) 护理计划

预期目标:

1. 病室环境及患者的床单位整洁。
2. 用物准备符合患者病情需要。
3. 患者上下床方便,躺卧时舒适。

(三) 护理实施

1. 流程简图

准备→检查床、床垫、翻床垫→移开床旁桌、椅→铺床褥→铺大单→套被套→套枕套→移回床旁桌、椅→整理

2. 操作步骤

项目	内 容	分值	评分标准	扣分
准备 质量 标准 (13 分)	1. 操作者准备 着装整洁(衣、帽、鞋),洗手,戴口罩	4	服装、鞋帽不整洁 未洗手 未戴口罩	2 1 1
	2. 用物准备 床、床垫、床褥、棉胎或毛毯、枕芯、大单、被套、枕套。口述必要时备橡胶单、中单	9	用物多或少一项	1
实施 质量 标准 (75 分)	1. 将用物按使用顺序折叠好放于治疗车上,推至床旁,站在床的右侧,检查床、床垫,翻转床垫(从床头至床尾或从近侧至对侧)	4	未检查床	1
			未检查床垫	2
			未翻转床垫	1
	2. 移开床旁桌距床 20cm,移椅至床尾正中,距床 15cm,将用物放置椅上	7	未移床旁桌	2
			未移床旁椅	2
			移动桌椅引起噪声	3
	3. 将床褥齐床头平铺于床垫上	3	床褥放置、铺法错误	2
			床褥未齐床头	1