

布氏內外科護理學

BRUNNER & SUDDARTH'S
Textbook of Medical-Surgical Nursing, 9/e

第四冊

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總校閱序

《布氏內外科護理學》是一本內容豐富的護理經典巨著，其特色包括從解剖生理學切入，循著「醫學評估－診斷－治療」和「護理過程：護理評估－護理診斷－護理計畫－護理處置－護理評估」的流程設計，完整的介紹每一種疾病的醫療處置與照護，並列舉臨床實例，提供學習者做批判性思考練習。

本書共分為四冊，本冊（第四冊）內容包括皮膚系統、感覺系統、神經系統、肌肉骨骼系統、感染性疾病以及急症病人的醫療處置與護理照護，是由一群醫護學養俱佳的護理專家們，本著信、達、雅的精神，在用字遣詞上均特別用心，是一本深入淺出的好書，內容廣泛，不但適合初學者採用，也適合正在執業中的護理人員採用。

希望本書的中文譯本，能帶給護生和護理同仁更寬廣的學習空間，不但在臨床照護能力上有所提升，也能強化社區和居家照護的功能。

本書篇幅極大，疏漏在所難免，敬請各位先進和讀者多多指正。

盧美秀 謹誌
九十四年五月



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前言

由於在經濟，社會，及科技成長力量的影響下，過去的世紀出現了前所未有的改變，而這些改變是遠遠超過以往年代的。本世紀因為流行病、社會與城市的動亂、太空探索、人類權力的抬頭、以及科技帶來的利益當中形成了與前世紀比較不同的特色。此外，許多族群或個人遠離自己家族所居住的家園移民到他鄉，這些移民者到後來與原本家族間的關係日漸薄弱，這樣的結果大大增加了健康體系中存在的病患或顧客們於其倫理與文化中的差異及多樣性。這些改變及因素深深地影響了醫療照護體系及護理專業領域。

健康照護也同樣的被一些主要疾病的轉變所影響。在本世紀初，最主要的疾病來源為感染性疾病，科學家及醫療體系的專業人員們很快地利用預防注射，增進衛生環境及有效的治療控制了許多感染疾病的蔓延。爾後，與生活方式有關的疾病成為致死與發病的主因。在 20 世紀末，關鍵性的健康問題來自於細菌對抗生素的抵抗力（抗藥性），這問題已引起了世界上對於新興的感染性疾病特別是一些與生活習慣及增加其發生率行為的高度重視。

遺傳基因學的進步使得人們有機會知道自己可能罹患某些疾病並尋求相關資訊，這是幾年前所無法想像及達成的。藥學的進步，將過去所謂致命無藥可救的疾病，轉變成為可接受短期幾年診斷醫療的

慢性病。

在全世界，溝通模式的改變使得大多數的人們可獲得快速無限制的健康或其他的資訊，在這改變的同時，人們對於健康的期望已增加焦點於－合理的花費當中同時享受高品質的健康照護。

在 21 世紀健康照護體系仍為 20 世紀所留下的體制所推動，然而這股進化的力量已將健康照護從單純的醫院治療推廣到急性照護，社區甚至是居家照護方面。提供長期院外醫療設施的持續性照護工作已逐漸被推廣以期試圖降低健康照護的支出。這樣一來，病患可因重要的醫療疾病而入院，同樣的病患們也必須較過去提早出院的時間，許多病患可因為不同的醫療照護需求而利用社區及居家的機構來尋求照護服務的提供。

因為這些重要的改變，護士及其他護理專業人員必須面對需多不同的需求及挑戰以確保照護品質是無間斷的。接受教育及專職訓練可以幫助護理人員面臨這些需求及挑戰。現階段，護理人員處於在病患越來越主動尋求自主其健康照護需求的環境中，已將焦點置於驗證性、合作、以及多學科的護理照護模式。

由於過去及未來的改變及挑戰，使得現今的護理人員更需具備病患與其家屬現所面臨問題的專業知識基礎。更重要的是，21 世紀的護理人員必須具有批判性思

考的技巧以驗證目前照護提供上所面臨的事件。護理人員必須能瞭解例如：文化、倫理、社會經濟以及道德層面等，所有影響病患的因素是很重要的，也是社會大眾所期望的高品質的照護。

關於第九版

本版布魯那與桑德思的內外科護理學教科書是考慮於現今健康照護的挑戰而置其焦點在技術上、最新的以及跨文化考量內之外科護理於傳統廣泛性以及完整性關論。

內容品質—簡單至複雜

關於第九版布魯那與桑德思的內外科護理學教科書是一本知識廣博的教科書－參考資料來源分為 16 個單元。單元 1 至 4 涵蓋了護理入門需精通的核心概念。單元 5-16 的焦點則在於提供予特定疾病病患與其複雜身體系統照護時的評估及處理概念與技巧。整篇內容使用全彩印刷來強調豐富性以及引發讀者閱讀的興趣。

單元 1

此單元共分成五個章節，焦點在於如何運用基本的護理概念於現今的臨床護理照護、社區基礎護理，批判性思考，倫理決定與考量、護理過程、健康教育，健康促進以及健康評估上。

單元 2

此單元共分成六個章節，強調臨床護理實務之生物物理學與社會心理學概念。完整的涵蓋體內平衡、壓力及適應、與個人及家庭面對疾病的考慮因素。此外，有

關跨文化護理、於結論前所討論到的慢性疾病、復健的原理與運用以及老年人的健康照護單元都會有完整的討論。

單元 3

此單元共分成 4 個章節，將談論到有關於現今複雜的個案管理概念，包含疼痛處理、體液電解質：平衡與干擾、休克與泛系統性衰竭以及腫瘤學：癌症護理。

單元 4

學生將可在此三個連貫的章節中從頭到尾學習有關手術前、中、後的護理概念。

單元 5-16

主要的護理概念、護理責任、護理活動及護理原理將於文章中的核心部分從第五單元的氣體交換與呼吸功能護理一直到第 16 單元的骨骼肌肉功能被廣泛地討論。每一章節的內容安排從正常到不正常的生理學、治療程序一直到急性與社區護理的照護措施的順序來探討。

新的重點，新的設計

為了幫助學生練習，整本教科書以全彩及全新專欄設計印刷。例如：於第一章附於附錄 A 所討論到的臨床路徑，為目前運用於目前各個照護體系的臨床路徑。第三章所強調的批判性思考包含了附於附錄 B 的護理結果與護理措施分類的介紹 (NOC 及 NIC)。

為了說明全新的內容焦點於預防性健康照護，健康促進，以及居家及社區基礎照護，整篇內容從新修訂及擴充內容於以

下的章節，包括健康教育與促進（4）、個人及家庭面對疾病的考慮因素（7）、復健的原理與運用（10）。現今病患從急性照護中出院的護理照護的重要性也在所有的章節被強調。

本教科書由新的章節與新的組織章節，新的訊息與以研究資訊為基礎的角度來著墨 21 世紀護理照護的方式正被健康照護體性的改變所影響著。

新的教學—學習策略

可靠的編排

為了加快學習者的速度，內容包含了強調特定之重點，所篩選的主題包括：

- 生理學與病理學
- 臨床表徵
- 評估與診斷發現
- 老年人的考量
- 醫療處置（外科、藥學、營養）
- 護理處置（過程、措施、原理）
- 強調病人教育與持續性護理的居家及社區基礎照護


主要及常見相關因素的資訊將於護理過程中被詳盡地討論於急性及持續性護理中的照護方法及原理－從評估、計劃與結果到合作性問題、措施、評值與於居家及社區的連續之照護與教育。


一致且生動的教學工具

每一章節於一系列之學習目標為起頭，強調重要概念與引導讀者整個內容方向。每一臨床焦點章節也會有專門術語作為開頭，讀者利用可其為閱讀的開始。每一章節亦會於最後部分加入以廣泛且新的參考資料，以及額外的參考資源，例如：

支持團體、國家及社區機構以及網際網路資源，並在這些參考資料之後加上適當地且刺激批判性思考的練習活動作為結束。

此外，一些散佈於各章節的明顯討論議題是關於

 老年人的考量

 護理注意事項

 居家及社區基礎照護

豐富的全彩教學及學習工具

內容中彩色的插圖，表格，及曲線圖可幫助學習者的學習。容易辨識的獨立圖像、或標記、特殊的學習表格與曲線圖可在下列標題中呈現：

- **高危險性因素**—一點出危及健康的因素及行為。
- **生理學與病理學**—解釋正常與不正常的生理反應或兩者與健康及疾病的相關性。
- **評估**—描述活動、環境、症狀或其他與病人疾病有關的護理評估特徵。
- **健康促進與疾病預防**—介紹健康促進與疾病預防的方法。
- **老年人的考量**—介紹必須要瞭解與年齡有關的生理與心智的多重變化，以及如何運用護理照護技巧於急性與長期醫療照護機構甚至於社區或家中。
- **藥物學**—確認給藥的要點，給藥的劑量、途徑、副作用以及給藥安全的考量。
- **營養**—提供與病人教育相關的飲食指導資訊
- **護理照護計劃**—說明運用護理過程於特定複雜或常見疾病與不適的方

法。

- **指導方針**—提供一步步的教學與原理於護理措施及合作程序上。
- **護理研究**—概括現行的護理研究發現，並解釋其運用方法。
- **倫理相關議題**—提出當前的倫理困境及引發的問題，並提供刺激思考的討論空間。
- **病人教育與居家護理**—列出主要重點及技巧提供護理人員教導病人及主要居家照護者照護的參考

補充的教學與學習套裝資料

在布魯那與桑德思的內外科護理學教科書，第九版中，附有教學/學習的補充產品，所含教材可同為學習者及教學者使用。學習指引本，學生自我學習磁片及臨床手冊可配合教學者的教學手冊、試題庫、磁片中所含的圖、投影片以及電腦練習題庫軟體有效的幫助學生學習並提供了忙碌的教學者進步的科技教學教材。

特別為學生所準備的

- **學生學習指引**—包含了問題及習題的設計，可幫助學生們連結與應用課本中的內容。以知識為基礎及評論性分析問題可增進學生處理問題的能力與問題解決的技巧。已標記的練習活動也包含在內。
- **自我學習磁片**—在磁片內提供了更進一步練習，可評值知識與思考技巧。磁片中呈現了不同的方法增進自我評值及提供評估學習者適當反應的原理。
- **臨床手冊**—本版本伴隨著多數的常

見的內外科護理疾病。內容以字母順序編排可以更容易地被使用於臨床中。

特別為教學者所準備的

於此版本布魯那與桑德思的內外科護理學教科書中，教學手冊及試題庫是一起被安排於便利且完整的套裝資料中。內容包含額外的學習活動練習，關鍵詞及合作性學習與批判性思考活動，都可於課堂或臨床上使用。試題手冊可讓學生當作回家作業練習，不但可以當作增進教學的工具也可讓學生在家自行評值練習課堂中所學習的成效。

- **磁片中的圖形**—可讓教學者運用及訂做屬於自己的教學圖表。檔案是可普遍使用在 Power Point、Excel 或其他圖形檔。
- 一套 60 張被選擇的投影片可以被不會使用電腦編輯圖片或不想使用磁片及課本中的圖片之教學者來使用。
- **電腦練習題庫軟體**—在自動產生的題庫中包含了 1500 個 NCLEX 形式以及多重選擇題型。此套軟體可幫助教學者使用電腦選擇所要的題目並產生含有教學及答案庫的試題。

未來展望

布魯那與桑德思的內外科護理學教科書，第九版，持續了以往著墨於現代事件及精進技術，這些是於多變的工作環境中提供有效、安全、及專業的醫療照護所必要的。預防性的照護、慢性疾病、老年人的考量、病人教育以及居家與社區照護在現今的醫療照護體系當中因為這些照護需

求的增加，使得其格外地重要。

我們對於本書保留了之前版本的病人
照護與價值的焦點著墨有著相當的自信。
我們也有自信於本書可讓護理學生們有足
夠的準備去接受未來健康照護體系改變的
挑戰。

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