

21

世纪高等医学院校教材

护理学基础操作技术

Basic Nursing Skills

(双语版)

■ 周克雄 主编



科学出版社

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Basic Nursing Skills

(双语版)

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内 容 简 介

本教材以护理学基础操作技术为主要内容,共分两部分各 13 章,包含铺床法、个人的清洁与舒适、患者的体位更换及搬移、生命体征的测量、无菌技术、隔离技术、鼻饲法、导尿术、灌肠法、注射法和过敏试验法、静脉输液与输血、急救技术、尸体料理等 44 种操作技术。第一部分为教材正文,阐述各种护理操作技术的目的及操作方法,并加有原理说明和插图解说;第二部分为练习指导教程,将护理操作步骤连贯组合,并配以真实的用物照片,对学生操作练习或独自进行操作训练有很强的指导作用。两部分内容均以英中文双语对照,同时还配有部分重要护理操作技术的光盘,以供教学使用。

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前 言

2001 年国家教育部提出:本科教育要创造条件使用英语等外语进行公共课和专业课教学。经济全球化的大趋势及我国加入 WTO 的现实,使社会对专业人才的期许和要求发生了改变,英语水平已成为选才的重要条件之一。为了使护理教育与国际接轨并提高护理人才的竞争力,我校于 2002 年实施双语教学。在此基础上,组织教师编写了《护理学基础操作技术》双语版教材。

本教材是根据《护理学基础》这门课程为基础编写的。全书共分两部分内容各 13 章,44 种操作技术:第一部分为教材正文,第二部分的为练习指导教程。其特点之一是针对性强,内容集中,结构紧凑,包含了最基础的护理操作技术的主要内容,以【目的】、【用物】及【操作程序】为基本结构,在程序上加有原理说明,简练而清晰,并充分体现了护理操作技术的实践性和逻辑性;第二部分的练习指导教程,更是精炼地将操作步骤组合,并配以真实的用物照片,对学生操作练习或独自进行操作训练有很强的指导作用。特点之二是适用性广,其操作内容不仅适用于护理专业使用,也适合临床医学等其他专业的护理技能课程选用。该教材具有较强的护理及医学专业英语特点,并且全文从词汇到句型以英文原版教材为蓝本,使学生能学到正规的专业英语词汇和文法等。本教材将英文教学内容的编排在前,而对应的中文部分编排在后,减少了学生对中文的依赖。本教材后附英中对照的关键词汇,更利于学生专业英语的学习。同时还配有部分重要操作技术的光盘,以供教学之用。

本教材编写中,我们注意吸收国内外教材中先进的理念,同时也立足创新,尽量打造出专业特色,使其真正成为适合国内护理操作技术双语教学的教材。

由于我们是首次编写双语教材,经验十分不足,本教材中一定会存在疏忽或错误之处,诚恳地请广大读者谅解并给予指正。

在本教材编写过程中,得到南方医科大学的支持和资助,以及南方医科大学教务处杜华老师的热情协助,在此一并表示衷心的感谢。

周克雄

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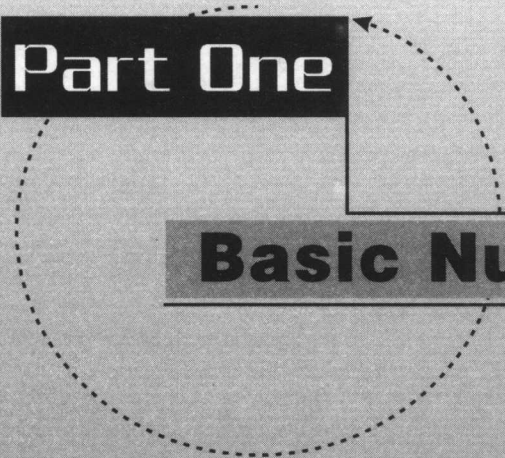
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Part One

Basic Nursing Skills

Unit 1 Bed Making

I – I Making a Closed Bed

【Purpose】

To provide a clean, comfortable environment for the client

To prepare for the new client reception

【Equipment】

Bed	Mattress	Mattress pad	Pillow
Quilt	Quilt cover	Bottom sheet	Pillowcase

【Procedure】

1. Wash hands. **Rationale:** *To prevent cross-contamination.*
2. Gather linens in order of use and bring them to room.
3. Move the bedside table away 20 cm from the head of bed. Move chair to the foot of bed with a distance about 15 cm. **Rationale:** *It is easy to operate.*
4. Place equipment on the client's chair. **Rationale:** *It is easy to take.*
5. Turn over mattress if necessary. **Rationale:** *To prevent to depress.*
6. Put mattress pad on the mattress.
7. Make up one side of the bed. **Rationale:** *This saves time and energy.*
 - (1) Place the bottom sheet with its center folded on the center of bed. Unfold the sheet over mattress.
 - (2) Fold a mitered corner at near side of the bed(Figure 1-1). **Rationale:** *A mitered corner is tighter and less likely to come apart.*
 - a. Tuck sheet tightly and smoothly under mattress at the head of bed.
 - b. Grasp the top edge of sheet at approximately 30 cm down from the top of mattress and bring sheet onto the mattress so that the edge forms a right angle.
 - c. Tuck edges of sheet securely under mattress.
 - (3) Moving to the foot of bed. Keep linen smooth and tight. Tuck remaining portion of sheet under mattress.
8. Make up the other side of the bed. The order of making the bottom sheet; From the head of

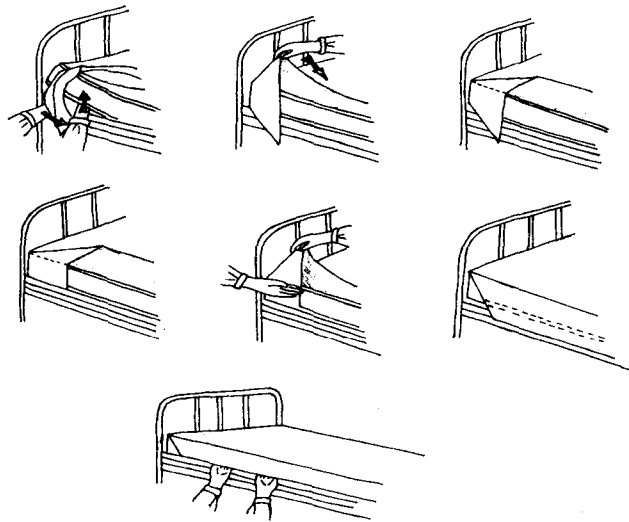


Figure 1-1 Fold a mitered corner

bed to the foot of bed; From the near side of bed to the far side of bed.

- (1) Move to the other side. Tuck the sheet under the head of the mattress, pull the sheet firmly, and miter the corner of the sheet.
 - (2) Pull the remainder of the sheet firmly so that there are no wrinkles, then tuck under mattress. **Rationale:** *Wrinkles can cause discomfort to the client.*
9. Apply quilt cover (Figure 1-2):
- (1) Place the quilt cover with its center fold on the center of the bed. Unfold quilt cover over the sheet.
 - (2) Unfold the end of quilt cover over the sheet.
 - (3) Form the quilt in "S". Place the quilt into quilt cover.
 - (4) Spread the quilt. Adjust the cover so that the quilt fits into the corners of it and the seams are straight. Tie the belt of quilt cover.
 - (5) Place the top edge of quilt away 15 cm from the bed head. Tuck in the side edge of quilt along the edge of the bed. Tuck in the end of quilt along the end of bed.

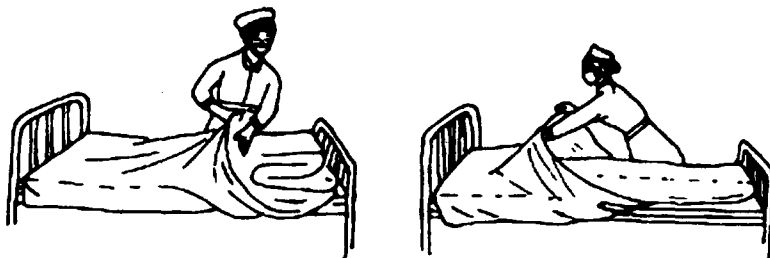


Figure 1-2 Apply quilt cover

10. Put clean pillowcase on the pillow.
 - (1) Grasp the center of closed end of the pillow. Pull the pillowcase over the pillow.
 - (2) Adjust pillow corners in pillowcase so that the pillow fits into the corners of the case and the seams are straight.
 - (3) Place the pillow appropriately at the head of bed.
11. Replace the bedside table and chair. **Rationale:** *Keep the surroundings clean, neat, and comfortable.*

I – II Making an Unoccupied Bed

【Purpose】

To provide a clean, comfortable environment for the client

To eliminate irritants to skin by providing a wrinkle-free sheet and blanket

【Equipment】

The same as that in making a closed bed

Besides, Rubber drawsheet if necessary

Linen drawsheet if necessary

【Procedure】

1. Refer to step 1-10 in making a closed bed.
2. Fanfold quilt down to the foot of bed. **Rationale:** *This makes it easier for the client to get into the bed.*
3. If rubber drawsheets and linen drawsheets are needed, place them over the sheet so that the center fold is at the center line of the bed and the top and bottom edges will extend from the middle of the client's back to the area of the midleg or knee.
4. Replace the bedside table and chair so that they are available to the client. Keep the surroundings clean, neat, and comfortable.

I – III Making an Anesthetic Bed

【Purpose】

To accept and give appropriate treatment to the client who is returning to the bed after anesthesia or surgery

To keep client in a safe and comfortable environment and prevent complications

To prevent the bed from contamination by blood or vomiting matter

【Equipment】

The same as that in making a closed bed

Besides: Rubber drawsheets, Linen drawsheets (each for two)

Anesthesia therapeutic tray:

- In the area of sterile therapeutic pad (mouth-gag, tongue forceps, therapeutic bowl, oxygen nasal tube, suction catheters, spatula, swab, forceps, gauze)
- Out of sterile therapeutic pad (blood pressure meter, flashlight, stethoscope, therapeutic pad, kidney basin, adhesive tape, record card, pen, etc)

【Procedure】

1. Wash hands.
2. Gather linens in order of use and bring them to room.
3. Move the bedside table about 20 cm away from the bed. Move chair to the foot of bed 15 cm away from the bed. **Rationale:** *It is easy to operate.*
4. Place equipment on the client's chair.
5. Turn over the mattress if needed. **Rationale:** *To prevent to depress.*
6. Put mattress pad on the mattress.
7. Place clean bottom sheet on the mattress and unfold it, then make up the near side of bed (Refer to I - I).
8. According to the surgical site or type of anesthesia, place the rubber drawsheet and linen drawsheet.
 - (1) Put rubber drawsheet and linen drawsheet orderly on the middle of the bed, which is about 45-55 cm away from the head of bed, then tuck them under the mattress.
 - (2) Put another rubber drawsheet and drawsheet in sequence on the head of bed, then tuck under the mattress. **Rationale:** *When making up the top of drawsheet, align it to the head of bed.*
9. Move to the other side of the bed, make up the rest of the sheets following the same way.
10. Refer to step 9 in making a closed bed to change quilt cover.
11. Align top of the quilt to the head of bed. Tuck in the side edge of quilt along the edge of the bed. Tuck in the end of quilt along the end of bed.
12. Fanfold quilt to the side of bed. **Rationale:** *Folding quilt at side of the bed facilitates moving surgical client into the bed.*
13. Refer to step 10 in making a closed bed to change pillowcase.
14. Let pillow lean over head of the bed, with the close end to door. **Rationale:** *This can prevent the client's head from being harmed in case of agitation.*
15. Return furniture to the former position.
16. Place anesthesia treatment pan on the bedside table. **Rationale:** *It facilitates nurses at first aid.*

I – IV Making an Occupied Bed

【Purpose】

To provide the client with a clean, comfortable, sleeping and resting environment

To prevent complications (eg. pressure ulcer)

【Equipment】

Linens (in order of use):

Bottom sheet

Quilt cover (inside of it is folded outwardly)

Brush

Clean gloves if indicated

Linen drawsheet

Pillowcase

Disposable brush cover

【Procedure】

1. Wash hands.
2. Gather needed equipment and bring them to room.
3. Explain the procedure to client. **Rationale:** *This step can reduce client's anxiety and promote cooperation.*
4. Draw room curtain around bed or close door. **Rationale:** *This provides privacy for the client.*
5. Move bedside table 20 cm away from the bed. Move chair to the end of bed about 15 cm away from bed. **Rationale:** *It's easy to operate.*
6. Loosen quilt at foot of bed, and remove pillow to the opposite side of the bed.
7. Help client into a side-lying position, back to nurse. Ensure client safety as client rolls to the bed edge.
8. Loosen all layers of the sheets on near side of bed, including bottom sheet, linen drawsheet, rubber drawsheet.
9. Fanfold linen drawsheet toward the client (Figure 1-3). Tuck edges of linen just under buttocks, back, and shoulders. **Rationale:** *Provide maximum work space for placing clean linen. Later, when client turns to other side, soiled linen can be easily removed.*
10. Sweep away residue on rubber drawsheet. Place rubber drawsheet over the client.
11. Push dirty bottom sheet under or as close as possible to the client.
12. Sweep away residue on the mattress gently, and carefully sweep away residue under pillow and client's body.
13. Place clean bottom sheet on the mattress with its center in the middle of bed. Fanfold bottom sheet toward client. Tuck edges of sheet under client's body.
14. Apply clean linen to expose half of the bed.
15. Put down the rubber drawsheet. Center the clean linen drawsheet on the rubber