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医院感染常见病例的 诊断和管理

原著：[美] Stephen G. Weber

Cassandra Salgado

主译：李 宁 黄 晶



中国协和医科大学出版社

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—Stephen Weber

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序 言

预防和控制医院感染是保障病人安全、提高医疗质量以及维护医务人员职业健康的一项重要工作。随着现代医学的发展,先进的医疗设备及诊疗技术的广泛应用,各种侵袭性检查和治疗手段的增加,免疫抑制剂的广泛应用,以及抗菌药物滥用,老龄人口增加,严重基础疾病病人、恶性肿瘤患者的增多,使得医院感染在医疗机构中造成的影响日益严重,这就对医院感染控制专业人员及临床医务人员提出了更高的要求。

在经受了 SARS、甲型 H1N1 流感等重大传染病疫情的考验后,国家对医院感染控制工作的重视程度达到了一个前所未有的高点,各项针对医院感染控制的法律法规及管理制度也随之产生并逐步走向健全。规章制度犹如建筑的基石,管理方法和业务技术则是砖瓦,只有共同进步、完善,才能建成宏伟的建筑。

目前我国的医院感染预防与控制工作较发达国家相对滞后,医院感染管理层面及业务技术层面存在的问题尤为严重。由于医院感染与社区获得性感染的疾病病程、致病菌等均存在诸多不同,临床医疗护理人员及医院感染控制专业人员对医院感染病例的诊断及处理也存在诸多问题,且医院感染专职人员多来自公共卫生专业,其临床知识,包括对医院感染病例的辨别、诊断、治疗等方面的知识有所欠缺,对明确医院感染病例,指导后续感染控制工作也有所影响。

目前国内出版的医院感染管理方面的书籍多针对医院感染管理制度进行编写,少有基于真实医院感染病例编写的书籍。本书包含大量国外真实案例,从患者的基本情况、诊断及鉴别诊断、初步处理、病情变化、后续治疗、感染控制、病例总结等方面,对患者自发病至离院期间的全部情况进行了详实的描述。本书值得医院感

染控制专业人员及临床医务人员阅读。通过对本书学习，不仅能获得国外医院感染控制工作的先进理念，还能通过真实案例，增加病例处置经验，提高对医院感染病例的诊断、治疗、控制能力。

受篇幅所限，本书内容并不能解决实际工作中的一切问题，但通过知识的积累，和不断提高作为一名医务人员的自身素质和责任心，终将对我国的医院感染控制工作产生不可估量的影响。

李 宁

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2013年7月

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第一章 总 论

第一节 医疗保健相关感染病患 实施的管理办法

Cassandra Salgado, Stephen Weber

一、引言

在现代医学诊疗过程中，即使是训练有素、经验丰富的临床医师也面临着医疗保健相关感染（healthcare-associated infection, HAI）的挑战。本书邀请医疗卫生流行病学、预防感染和传染病等领域的优秀临床专家针对许多常见的 HAI 案例进行介绍和讨论。在每一个案例中，首先是对 HAI 患者诊断和治疗过程的回顾，然后是对预防 HAI 的关键策略和操作进行详细介绍。

第一节首先是对感染患者的管理方法和内容进行概述，作为引言性的章节，其中描述的原则和方法可以使读者对 HAI 诊断和初步处置时遇到的问题有全面了解。如果这种流程和方法在病床护理中得到持续应用，将有助于确保即使是非常复杂和具有挑战性的 HAI 也能得到及时、适当且有数据支持的管理。

接下来的内容会对医院感染预防的原则和实践操作进行介绍。严格开展感染病例监测、持续改进以及暴发调查，这些内容在多数情况下仍然是由预防感染和医疗卫生流行病学领域的专家负责。但是，随着 HAI 发病率升高，需要进行感染预防、控制和消除，那么，医院感染涉及到的相关人员，包括医生、护士和其他医疗卫生专业人员都有至关重要的作用和不可推卸的责任。本章的内容将有助于读者更好地理解这种责任的重要。