

	文件類別	衛教單張	文件編號			3-063-078		
			版次	1	頁次	Page 1 of 1		
文件名稱	尿失禁的照護(英文版)	制定日期			2017/06/15			
		修訂日期						

## 尿失禁的照護

### Incontinence of Urine Care

1. 固定時間帶個案如廁或使用便盆，給予充足時間及適宜的環境。
2. 個案如沒有飲水的禁忌症，應鼓勵白天飲水，傍晚後即減少飲水量。
3. 如果使用橡皮及布中單保護床墊，以防床褥墊弄污弄濕以避免個案的皮膚、衣服、床單被尿液浸濕。
4. 使用合適大小之紙尿褲，應注意黏貼鬆緊應合宜。
5. 一旦看護墊、紙尿褲、衣服或床單尿濕，應立即更換，給予會陰清潔及清潔擦乾皮膚。
6. 男性若使用尿套，應注意固定帶的鬆緊，若解尿於尿套，應隨時更換，避免逆流。
7. 紀錄如廁的時間及尿量，或是更換尿布次數。
8. 如果有尿量減少、超過6小時未解尿、頻尿、抱怨解尿疼痛、尿液顏色改變、發燒等不正常情形應立即告之家屬或居家護理師。

1. Take your case to toilet or use a bedpan with sufficient time and comfortable surroundings.
2. If your case doesn't have the water contraindication, you should encourage him to drink water in daytime and less right after dusk.
3. Use rubber or inside-sheet to prevent bed from being stained or wetted, and you should also keep the skin of your case, clothes, bed sheet from being wetted by urine.
4. Choose diapers with an appropriate size and use Velcro to make it fits.
5. Change a new diaper immediately once the diapers, clothes, bed sheet are wetted, and also clean the perineum and skin.
6. Check whether it's fixed if the urine wrap is used, and if your case urinates in the urine wrap, you should change it immediately to avoid reflux.
7. Record what time you take him to toilet, the amount he urinated, or how many times you change his diapers.
8. Inform their family or home care attendant whenever abnormal situation happens like the decrease of urine amount, having not urinated over 6 hours, frequent micturition, feeling pain while urinating, changes of urine colors, fever and so on.

以上資料來源自台灣長期照護專業協會，  
若您對以上內容有任何疑問時，請洽詢護理人員。