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傷口的皮膚照護-正確的換藥
Wound Care - Properly Dressing a Wound

*正確並確實的換藥技術，可以有效預防感染。
Proper dressing of wounds can effectively prevent infection.*

一、原則及注意事項：

1. 接觸傷口的物品或棉枝必須完全無菌，應注意物品之保存日期及換藥技術，一支棉棒只能使用一次
2. 換藥的次數與傷口狀況有關（分泌物多少、傷口大小），請與居家護理師討論換藥次數。
3. 除了換藥外，還要勤於翻身及注意營養多吃魚豆蛋類及維他命A、C。

I Principles and Considerations:


1. Use only new, sterile dressings and cotton swabs. Please check all expiration dates and discard after use.
2. Frequency of changing wound dressing depends on the size and condition of the wound, such as amount of secretions. Please check with home care nurse.
3. In addition, change patient's body position frequently and monitor nutritional intake. Increase fish, eggs, beans and other foods rich in vitamins A and C.

二、準備用物：

無菌棉棒、無菌生理食鹽水、無菌紗布、藥水或藥膏、透氣膠布

II Prepare Adequate Supply of the following:

Sterile cotton swab, Sterile saline, Sterile gauze, Antiseptic, Ointment and Adhesive tape.

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三、方法：

1. 先用肥皂徹底洗淨執行者的雙手。
2. 撕下舊敷料。敷料與皮膚沾黏時，先用生理食鹽水沖濕再撕下。
3. 以棉籤沾生理食鹽水，從傷口的中間往外塗擦至傷口清潔止。
4. 依醫護人員指示，以上述方式塗上藥水或藥膏。
5. 蓋上敷料，貼上透氣膠布。
6. 將傷口的情形紀錄下來，包括滲出液、有無異味、大小……。

III Method:

1. Caregiver must thoroughly wash hands with soap and water before touching supplies or wound.
2. Carefully remove old dressing. If it sticks to wound, soak the dressing with saline before removal.
3. Soak cotton swab with saline and gently wipe wound with center to outer edge motion until clean.
4. Coat wound with antiseptic or ointment according to care instructions, using same method as step 3.
5. Cover wound area with sterile gauze. Use adhesive tape to hold it securely in place.
6. Record time and condition of wound, especially changes in color, oozing, odor, swelling, etc.

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。