

小兒疝氣

Children's Hernia

一、前言

First, Introductions :

腹股溝疝氣即俗稱的「墜腸」，是因為腹腔構造發育不完全而導致腸內容物掉入腹股溝或陰囊因此形成疝氣。小兒的腹股溝疝氣幾乎都是先天性的間接型腹股溝疝氣，100個兒童約3個人有疝氣，男女生都會發生，但男生發生的機會約為女生的5到8倍。早產兒發生的機會更高，可達30%。根據統計，腹股溝疝氣發生在右側的機率較高，約占55%，左側約30%，兩側都有疝氣者占15%。10%的病人有家族史。三分之一的病人發病是在6個月大之前。

如果此發育的不成熟未造成疝氣，也可能因此使腹水流入，而形成陰囊水腫。二者均為兒童外科常見且最常施行手術的疾病，處理方式也很相近。

Inguinal hernia is commonly known as the "intestines fall down", because the abdominal structure still not developed completely and it leads to the intestinal contents things fall into inguinal hernia or scrotum and it will turn into hernia. Pediatric inguinal hernia mostly congenital canal inguinal hernia indirect type, From 100 children there is about 3 children who have hernia, Boys and girls all have possibility to get it, but the chance of boys to get it about 5 to 8 times higher than the girls. Preterm birth baby opportunities are higher, it could up to 30%. According to statistics, inguinal hernia more likely to occur in the right side, the percentage of it is about 55%. For the left side it is about 30% to occur. The percentage it occurs on both sides get hernia is about 15%. 10% of patients have a family history of it. One third of the patients getting this disease are before the babies 6 months old.

If this immature development does not cause hernia, it may also cause ascites inflow that will turn into edema of scrotum .Both diseases are commonly found diseases in pediatric surgical department and most common surgical diseases in children, the treatment method is also very similar.

二、常見的症狀

Second, Common symptoms :

※通常是在哭鬧、咳嗽、用力解便或運動後，在腹股溝處出現一個鼓起的無痛性塊狀物，有時會延伸至陰囊；有可能在臥床休息或睡覺後自行消失。

※ Usually after crying, coughing, forced excrement or exercise, In inguinal will appear one painless lumps, sometimes it will extend to the scrotum; maybe when clinical resting time or after sleeping it will disappear on its own.

※ 嚴重者將出現腹痛、噁心、嘔吐、厭食或哭鬧不安等現象。

※ Severe cases will appear abdominal pain, nausea, vomiting, anorexia or crying disturbed, etc. situations.

※ 局部以手觸摸此鼓起的塊狀物，會有柔軟、滑溜的感覺。

※ Partly hand touch this bulging lumps will have soft and slippery feeling.

三、治療方式

Third, Treatment Method :

一經發現應儘快就醫，治療的方法只有手術才可解決。

Once discovered as soon as possible go seeking medical treatment, Only treatment method is by surgery to handle it.

四、護理處置：

4. Nursing treatment:

手術後病童必須穿緊身的衣服約 48 小時，術後意識清醒即可進食，需觀察有無血腫或呼吸困難的情形，並限制病童避免費力、激烈的遊戲約 2-3 星期。


After the operation, children must wear tight-fitting clothes for about 48 hours. After the operation, children can eat with a clear consciousness. It is necessary to observe whether there is hematoma or breathing difficulties, and restrict children to avoid strenuous and intense games for about 2-3 weeks.

參考資料 Reference Information

穆佩芬總校訂(2019)·兒科護理學(6版)·台北：新文京。

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉 40 病房分機 4001、4002

If you have any questions about matters above, Please call: 05-2756000 Turn 40 Ward Extension 4001, 4002

 天主教中華聖母修女會醫療財團法人天主教聖馬爾定醫院 關心您

ST.Martin De Porres Hospital concern about you

2021 年 10 月修訂

Revised in October 2021