

皮膚照顧

Skin Care

列印日期： 年 月 日
單位：
05-2756000 分機：

皮膚是人體最大且最重要的器官，

是天然的保護壁，具有防止水分快速蒸發、病菌入侵、調節體溫…等功能，

因此為了要維持其功能正常運作，我們需要天天好好的保護它，

使它可以不間斷的為我們的健康把關。

Skin is the largest and most important organ of a human body. It is a natural protective wall with functions of preventing rapid evaporation of moist, bacterial infection, regulation of body temperature, etc. Therefore, we need to take good care of it daily in order to maintain its normal operation so that it can continuously protect our health.

日常保養：

Routine care:

1. 均衡營養的膳食：包括攝取充足的熱量、蛋白質，適當的維生素、礦物質、膠原蛋白、水分等，維持組織修補功能。

Balanced with nutritious diet: Including having adequate intake of calories, protein, proper vitamins, minerals, collagen and water to maintain tissue repair.

2. 充足保濕的使用：擦澡或洗澡後，予全身塗抹乳液或嬰兒油，增加皮膚強度。

Frequent use of moisturizer: After taking a bath (or a sponge bath), apply lotion or body oil to the whole body to enhance skin tissue.

3. 增加翻身的次數：減少局部身體受壓，造成壓瘡。

Increasing number of roll-over: To reduce pressure of the body to avoid bedsores.

4. 良好的清潔習慣：勤洗手、修指甲、愛洗澡，請選用合適的清潔用品，避免鹼性皂類。

Good cleaning habits: Wash hands frequently, clean fingernails, taking a bath, use appropriate cleaning products, avoid alkaline soaps.

5. 常常細心的觀察：請常注意骨突處及皺褶處，是否有發紅、浸潤…等情形。

Always have careful observations: always pay attention to bony protrusion and wrinkle areas to see whether there is any redness, infiltrations and other situations.

注意： Notes:

避免使用成藥：身體若有不適症狀，請諮詢醫師，避免私自使用成藥，導致過敏症狀，讓皮膚產生水泡、紅斑、水腫。

Avoid using patent medicine: If the patient has any uncomfortable symptoms, please consult a physician and do not give the patient any patent medicine which may lead to allergy symptoms, such as skin blisters, erythema and edema.

主辦單位：臺北市勞動力重建運用處

承辦單位：中華民國家庭照顧者關懷總會

Organized by: Taipei City Foreign and Disabled Labor Office

Sponsored by: Taiwan Association of Family Caregivers

參考資料：

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