

痰液排出(背部叩擊)的技巧指導

Get Rid of Phlegm Technique Guidance (Back Tapping)

一. 背部叩擊目的

First. The purpose of back tapping

(一) 防止過多痰液堆積，改善痰液的移動。

To prevent excessive accumulation of sputum, To improve the movement of sputum

(二) 增進或提升更有效的呼吸型態。

To promote or enhance the more effective breathing patterns

(三) 加強使痰鬆動移動，易於咳出。

To strengthen the sputum loose movement, easy to cough up

二. 叩擊及震顫的原理

Second. The principle of tapping and tremor

叩擊產生空氣的震動，傳送能量波使肺內震動，讓附著在支氣管壁分泌物鬆動並沿著呼吸道壁自然排出。

The tapping generate the vibration of the air, It transmit the energy waves that make the lungs vibrate, so that the secretions that attached to the bronchial wall will be loose and naturally discharge from the respiratory wall.

三. 適應症

Third. Indications

慢性阻塞性肺病，肺炎，支氣管擴張，肺塌陷等肺部疾病，病患長期臥床，年紀大咳嗽能力差，痰多及有人工氣道者。

Chronic obstructive pulmonary disease, pneumonia, bronchiectasis, atelectasis and other lung diseases, Long-term bedridden patient, Old age's cough ability is worse, a lot of phlegm and having artificial airway.

四. 執行時間

Fourth. Timing for implementation

進餐前1小時及進餐後1-2小時不可拍打，每次時間約10-15分。

1 hour before meals and 1-2 hours after meals cannot be given back tapping, Each time is about 10-15 minutes.

■有效的叩擊 Effective back tapping :

1. 在拍痰時穿著質軟的棉衣保護皮膚，或可於叩擊處置放毛巾，以避免直接在赤裸的皮膚上接觸，引起皮膚發紅，應先拍患側再拍健側

When back tapping , patient need to wear soft cotton clothes to protect the skin, or in the place that you do back tapping need to put a towel, Avoid having direct contact in the naked skin, It will cause skin redness, should first tapping the affected side then tapping the healthy side 。

2. 手指合併，呈杯狀，手掌彎成腕狀，雙手規律敲打部位，叩擊時應有「砰砰、ㄉㄛ ㄉㄛ」中空聲音而非拍掌的聲音(可借助排痰器協助拍痰)

Fingers combined, cup-shaped, palm bend into a bowl shaped, both hands beat one parts in regular term, when you do back tapping then should there is sound "bang bang, pho pho" in the air rather than the clap sound (You can also do back tapping with using the equipments that able to help expelling the sputum) 。



3. 叩擊速度以每秒3—5下，每一部位約叩擊1分鐘。

Back tapping speed is about 3-5 times per second, back tapping each part for 1 minute.

4. 拍痰方向應由下往上、由外向內有做規律性的移動。應避免拍擊胸骨、脊椎骨、下背部(腰部以下)、臟器部位。

The direction of back tapping should be from bottom to up, from outside to inside using regular movement. Should avoid tapping sternum, vertebrae, lower back (the waist below) organ parts

5. 叩擊過程中，患者不會感到疼痛為正確動作。

During the back tapping, if the patient will not feel the pain then it is the correct action

6. 長期臥床的患者，每次翻身時予以叩擊，可預防痰液堆積。

Long-term bedridden patients, each time changing position need to perform

back tapping to prevent the accumulation of sputum.

7. 可在痰液堆積區域加強叩擊時間。

Can lengthen back tapping time in the sputum accumulation area.

■ 禁忌 Prohibition:

1. 整個區域已知或懷疑癌症或轉移病變。

The entire area is known or suspected have a cancer or turn into lesions.

2. 當執行時，反而促使支氣管鑿縮。

When the implementation, but to promote bronchial lavage

3. 叩擊部位有出血情形。

There is bleeding in the tapping area


4. 抽搐發作。

Convulsion attacking.

參考資料

于博茵、胡文郁 (2016)·成人下呼吸道疾病與護理·於劉雪娥總校閱，成人內外科護理上冊 (七版)·台北：華杏。

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉 85 病房分機 8501、8502

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