

鼻胃管日常照顧

Nasogastric Tube Daily Care

目的：

Purpose:

固定鼻胃管，可預防滑脫及避免鼻腔發生潰瘍。

To fix a nasogastric tube to prevent the tube from slippage and to avoid nasal ulceration.

用物準備：

Preparation for necessary items:

紙膠、清潔的紗布（用於清潔鼻腔）。

Paper adhesive tape, clean gauze (for cleaning nasal cavity).

步驟：

Steps:

1. 檢查鼻胃管刻度

以下列任一方式確定胃管是否仍在胃內：

Check scales of the nasogastric tube Use one of the following methods to determine whether the gastric tube is still in the stomach:

(1) 檢查鼻胃管的記號，若超出且超過10 公分時，請通知護理師重插；若刻度脫出未超過10 公分，檢查口腔若無胃管纏繞，則可輕推進至原刻度位置，重新

固定；若無法確認及處理目前情況時，請告知雇主並聯絡居家護理師協助處理。

The caregiver should check the mark of the nasogastric tube. If nasogastric tube prolapse occurs and exceeds 10 centimeters, notify the nurse to assist re-insert the

tube. If the prolapse does not exceed 10 centimeters, the caregiver can gently advance the tube into the position at the original scale if there is no gastric tube whirling in the mouth, and then re-do the tube fixation. However, if the caregiver is unable to confirm or handle the current situation, please inform the employer and contact the home care nurse to assist in handling the situation.

(2) 以空針反抽，確定胃管仍在胃內，並檢查胃內殘餘食物量，若在50 cc 以上，則延遲半小時或一小時再灌。（無異狀之反抽物，可讓其自然流回胃內。）

The caregiver can use an empty syringe to draw back contents of the stomach into

列印日期： 年 月 日

單位：

05-2756000 分機：

the syringe to make sure that the gastric tube is still in the stomach. Residue of food

also should be checked. If the amount of residue of food is more than 50 cc, wait for half an hour or one hour to pour the residue of food back to the stomach (contents drawn out of the stomach without abnormality can be allowed to naturally flow back into the stomach).

日常清潔：

Daily cleaning:

1. 每日清潔口腔，進食前後或早晚以口腔棉棒清潔口腔，意識清楚的病人可以牙刷清潔之。

Clean the oral cavity daily; before and after a meal, or in the morning and evening, the caregiver should clean the mouth of the patient with oral cotton swabs, and a toothbrush may be used to clean the mouth if the patient has clear consciousness.

2. 每日用棉花棒沾水清潔鼻腔。

Clean nasal cavity with wet cotton swabs every day

3. 每日更換固定之膠帶，並將鼻胃管固定同一方向旋轉90度（1/4 圈），以防止鼻胃管黏附在胃壁上及胃黏膜長期受鼻胃管末端出口噴出之食物所壓傷，更換膠帶時需將鼻部皮膚拭淨再貼，並注意勿貼於同一皮膚位置。若皮膚為油性肌膚，請加強清潔後再黏貼膠布以免管路固定不易而發生滑脫。

Adhesive tapes for fixation should be replaced every day. The nasogastric tube should be fixed towards the same direction and turn 90 degrees (1/4 of a lap) to prevent the tube from adhering to the stomach, and to avoid crush injury of the gastric

mucosa caused by long-term ejection of food from the end opening of the tube.

Nasal skin should be wiped clean prior to changing adhesive tapes, and be careful not to adhere tapes to the same skin location. If the skin of the cared-for is oily skin,

please enhance cleaning work and then adhere tapes to prevent the tube from slippage due to difficult fixation.

4. 鼻胃管外露部位需妥善保護，以免牽扯滑脫。

The exposed parts of the nasogastric tube need to be properly protected to avoid slippage or dragging.

5. 意識不清或躁動不合作之病人，應預防鼻胃管被拉出，必要時可使用約束手套，將病人雙手做適當的約束保護。

If the patient/ward is unconscious or is restless and uncooperative, the caregiver should watch out for the nasogastric tube being pulled out by the cared-for. The

constraint gloves can be used when necessary to make appropriate, protective constraint for both hands of the caredfor.

6. 使用矽膠材質每個月更換，普通材質每二週更換，更換管路當日，請確認居家護理師訪視時間，以避免灌食後更換鼻胃管，易造成嘔吐。

If the nasogastric tube is made of silicone materials, it should be replaced every month. However, nasogastric tube of ordinary materials should be replaced every two weeks. On the day of replacing the tube, the caregiver should confirm the

visiting time of the home care nurse to avoid replacing the tube after tub feeding, which may easily lead to vomiting.

鼻胃管膠帶固定法：

Tape fixation method for the nasogastric tube:

1. 膠帶約2/3 剪開成Y 型。

Cut 2/3 of the tape into Y-shape.

2. 末端回折（更換時方便）。

Fold back the end of the tape (for easy tape replacement).

3. 前端黏貼於鼻樑，一條固定鼻胃管，另一條以環狀固定鼻胃管。

The front end of the tape is adhered to the nasal bridge. One tape is used to fix the nasogastric tube, and the other tape is used to fix the nasogastric tube in circular shape.

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承辦單位：中華民國家庭照顧者關懷總會

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Sponsored by: Taiwan Association of Family Caregivers

參考資料：

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