

# 導尿管留置居家照護技巧

## Indwelling urinary catheter home care skills

### 一、什麼是導尿管留置：

#### 1. what is indwelling catheter:

導尿管留置是經由尿道將大小適合的尿管插入膀胱，使小便流出，尿管前端的水球打入 5-10cc 的蒸餾水，能固定尿管，防止尿管滑出，尿管末端與密閉式尿袋相接，膠布適當的固定接頭，以防止脫落。

Urinary catheter indwelling is to insert a urine tube of suitable size into the bladder through the urethra to make urine flow out. The water ball at the front of the catheter is injected with 5-10cc of distilled water, which can fix the catheter and prevent the catheter from slipping out, the end of the catheter is closed. The urine bags are connected, and the tape should be properly fixed to prevent it from falling off.

### 二、導尿管種類：

#### 2. Types of urinary catheters:

- 普通導尿管：適合短期使用，材質較硬，容易變硬，但成本低，需一週更換一次。
- Ordinary urinary catheter: suitable for short-term use. The material is hard and easy to harden, but the cost is low and needs to be replaced once a week.
- 矽膠材質導尿管：適合長期使用，材質較軟，不易變質，病人感覺較舒服但較貴，需一個月更換一次。
- Silicone urinary catheter: suitable for long-term use, the material is soft, not easy to deteriorate, the patient feels more comfortable but more expensive, it needs to be replaced once a month.

### 三、為何要作導尿管護理：

#### 3. Why need catheter care:

為了預防長期使用導尿管之病人發生泌尿道感染。所以每天早晚需執行導尿管護理 1~2 次。若病人有分泌物多、大便或月經來潮，會陰部及導尿管易髒污，更需加強導尿管護理。

In order to prevent urinary tract infections in patients who use urinary catheters for a long time. Therefore, urinary catheter care needs to be performed 1 to 2 times every morning and evening. If the patient has excessive secretions, stools or menstrual cramps, the perineum and the urinary catheter are easy to get dirty, and more urinary catheter care should be strengthened.

### 四、導尿管護理步驟：

4. The steps of urinary catheter care:



準備用物：肥皂、便盆或尿布、沖洗壺、小毛巾、臉盆

Things to prepare: soap, bedpan or diaper, washing pot, small towel, washbasin







洗手

Hand washing

拉上隔簾或關門窗維持病人的隱私及防止著涼

Draw the curtains or close the doors and windows to maintain Patient's privacy and prevention of cold

女性病人 female patients				
	將便盆或尿布置放病人臀部下方，以沖洗壺沖水	用肥皂、塗抹於病人尿道口、會陰部及尿管上段處	以清水沖洗乾淨	將病人尿道口、會陰部及尿管上段以小毛巾擦乾最後協助更換乾淨尿布或褲子
	Put the bedpan or urine arrangement under the patient's buttocks to flush with a flush pot	Apply soap to the patient's urethral opening, perineum and upper part of the urinary tube	Rinse with clean water	Dry the patient's urethral orifice, perineum and upper part of the urinary tube with a small towel Finally, assist in changing clean diapers or pants

男性病人 male patients				
	將便盆或尿布置放病人臀部下方，將包皮推開，以沖洗壺沖水 Put the potty or urine arrangement under the patient's buttocks and push the foreskin away to flush with the flush pot	用肥皂、塗抹於病人尿道口、會陰部及尿管上段處 Apply soap to the patient's urethral opening, perineum and upper part of the urinary tube	以清水沖洗乾淨 Rinse with clean water	將病人尿道口、會陰部及尿管上段以小毛巾擦乾，包皮推回原處 最後執行後洗手 Dry the patient's urethral orifice, perineum and upper part of the urinary tube with a small towel, and push the foreskin back to the original place Wash your hands after the final execution

## 五、導尿管護理注意事項：

### 5. Cautions for urinary catheter care:

1.除了心、腎衰竭等特殊有禁忌病人之外，鼓勵病人多喝水，每日約 2500 至 3000cc，另外多攝取富含維生素 C 之新鮮果汁，如藍莓汁、蔓越莓汁、葡萄汁、柑橘類果汁，以預防泌尿道感染或尿管阻塞。

1. In addition to patients with special contraindications such as heart and kidney failure, encourage patients to drink plenty of water, about 2500 to 3000cc per day, and ingest more fresh fruit juices rich in vitamin C, such as blueberry juice, Citrus juice, and grape juice, Citrus juice to prevent urinary tract infection or obstruction of the urinary tube.

2.適當固定導尿管，預防扭轉導致阻塞或拉扯造成出血，男性固定在下腹部；女性在大腿內側；固定時要預留活動空間，以防牽扯；輪流更換固定位置，以減少刺激皮膚，造成皮膚破損。

2. Properly fix the urinary catheter to prevent the twisting and cause obstruction of pulling to cause bleeding. Men are fixed on the lower abdomen, women are on the inner thighs; when fixing, reserve space for movement to prevent involvement; alternate fixed positions to reduce skin irritation and cause Broken skin.

3. 注意翻身或移動時避免尿管壓到、扭曲或拉扯。

3. Pay attention to avoid pressing, twisting or pulling the urinary tube when turning over or moving.

4. 保持尿道口、尿管、尿袋清潔和乾燥，每天至少一次或於解便後執行導尿管護理，且維持尿袋低於膀胱部位，以防尿液回流造成發炎。

4. Keep the urethral opening, urinary tube, and urine bag clean and dry, perform catheterization care at least once a day or after urination, and keep the urine bag lower than the bladder to prevent the backflow of urine from causing inflammation.

5. 尿袋應每隔 8 小時或當尿液量超過尿袋 1/2 至 2/3 時應倒掉，倒尿前後需洗手，尿袋出口須隨時關閉，並避免碰到盛尿容器或接觸地面，尿袋口需與地面保持至少一公分上距離。

5. The urine bag should be discarded every 8 hours or when the amount of urine exceeds 1/2 to 2/3 of the urine bag. Wash hands before and after pour the urine. The outlet must be closed at any time, and avoid touching the urine container or touching the ground. The mouth of urine bag must be kept at least 1cm away from the ground.

6. 小便量突然變少或沒有流出時，可擠壓扭轉尿袋連接處，檢查尿管是否阻塞。

6. The amount of urine suddenly decreases or does not flow out, that can squeeze and twist the connection of the urine bag to check if the urine tube is blocked.

7. 尿管更換：尿管阻塞、污染、破裂、沉澱物堆積時需更換；無此情況時每月更換一次即可。可至醫院診所更換或出院時可以會居家護理師便可到府服務。

7. Urinary catheter replacement: Urinary catheter needs to be replaced when it is blocked, contaminated, ruptured, or sediment accumulation; if there is no such situation replace it once a month. That's it, that can go to the hospital and clinic for change or when that is discharged from the hospital, there can meet with a home nurse and can go to the home for service.

8. 如有下列泌尿道感染徵兆時，請立即就醫：發燒、發冷、尿道疼痛、燒灼感、腰痛、下腹痛、尿液混濁、有惡臭味、血尿、膿尿、尿道口分泌物增加、沈澱物增加、尿道口有滲尿，可能因尿管阻塞，或尿管大小不符合導致。

8. If there is the following signs of urinary tract infection, please medical attention immediately: fever, chills, urethral pain, burning sensation, low back pain, foul smell, hematuria, pyuria, increased urethral

secretions, increased sediments, Urinary oozing at the urethra may be caused by obstruction of the urethra or the size of the urethra.

### 參考資料

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若您想對以上的內容進一步了解，居家護理所：05-2289916 轉 3308、3309

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