

小兒川崎氏症

Pediatric Kawasaki Disease

◎何謂川崎氏症？

What is Kawasaki disease?

川崎氏症又稱黏膜皮膚淋巴腺症候群 (mucocutaneous lymphnode syndrome)，是屬幼兒期的一種急性疾病，造成皮膚黏膜、淋巴結和全身性血管病變。

Kawasaki disease, also known as mucocutaneous lymphnode syndrome, is an acute childhood disease, causing skin mucosa, lymph node and whole body's blood vessel pathological changes.

◎川崎氏症造成原因及好發時期：

Kawasaki disease causes and usually occur period:

川崎氏症目前病因仍未明，傳染途徑亦不清楚，研究顯示可能是一種特殊的病毒感染所致全身免疫反應的結果。好發於5歲以下幼童，男比女多。若為1歲以下兒童罹患症狀更加嚴重，死亡率亦較高。

Currently cause of Kawasaki disease is still unknown, the route of transmission still not clear, Research shows that it may be a special virus infection resulting responses of whole body immune system. Usually occur in children under 5 years old, men is more than women. If it infects to the children under 1 year old then patient's symptoms will be more serious, death rate is also higher.

◎川崎氏症症狀和診斷：

Symptoms and Diagnosis of Kawasaki Disease

要診斷川崎氏病完全依照孩童臨床表現來判斷，標準如下：

To diagnose Kawasaki disease is fully according to the children's clinical manifestations. Below is the standard to determine it:

1. 發高燒 (39~40°C) 超過五天，且使用退燒藥效果不好。

High fever (39 ~ 40 °C) more than five days, and effect after using antipyretics is not working.

2. 雙眼眼白、眼結膜充血、發紅，但無分泌物。

The white part of the eyes on both eyes conjunctival hyperemia, redness, but no secretions

3. 口腔黏膜、嘴唇鮮紅、乾裂、龜裂，甚至出血，舌頭表面有草莓舌變化。

Mouth mucosa, lips turned red, dry, cracked, and even bleeding, tongue surface

change into strawberry tongue

4. 手掌及足部末梢紅腫，甚至有手掌或腳掌脫皮的現象。

Palms and feet peripheral swelling, even palms or feet will be peeling phenomenon

5. 非化膿性單側頸部淋巴腺腫大。

Non-suppurative unilateral cervical lymphadenopathy

6. 身體軀幹出現多型性紅斑或疹子。

Body torso appear many erythema or rash

確定診斷：第1點一定要具備外，其他五點中需有四點才能診斷為川崎氏病，且必須先排除感染或其他風濕關節疾病。

Determine the diagnosis: must have point no. 1, the others if there is 4 points from 5 points then can be diagnosed as Kawasaki disease, and must exclude infection or other rheumatoid arthritis first.

若川崎氏症未能早期診斷出來，容易引發冠狀動脈瘤的合併症。

If Kawasaki disease not be diagnosed earlier, it will easily lead to coronary artery aneurysm complications.

◎川崎氏症治療 Treatment of Kawasaki disease :

1. 靜脈注射免疫球蛋白：主要治療方式，降低冠狀動脈血管瘤的機會。

Immunoglobulin therapy: main treatment, reducing chance of coronary aneurysm

2. 阿斯匹靈：降低血小板、預防血栓的發生。

Aspirin: Reduces platelets and prevents thrombosis from occurring

◎川崎氏症追蹤 Kawasaki disease tracing :

1. 心臟超音波：小兒心臟科醫師除了注意左、右兩側冠狀動脈有無擴大，或形成動脈瘤之外，也會注意有無心肌功能受損、心臟瓣膜閉鎖不全、或心律不整等情形。

Heart ultrasound: pediatric cardiologists not only pay attention to the left and right sides of the coronary artery have expansion or not, or formation of aneurysms, but also pay attention to whether cardiac muscle function damage, or arrhythmia, etc. conditions

◎居家照顧事項 Home care matters :

1. 注意體溫的變化及水份的補充。

Attention to changes in body temperature and water supplement

2. 口腔黏膜：注意口腔黏膜的清潔，龜裂的嘴唇可使用護唇膏。

Oral mucosa: pay attention to oral mucosal cleansing, cracked lips can apply

lip balm

3. 提供安靜的環境，給予適當的休息，穿著寬鬆且透氣涼爽的衣服。

Provide a quiet environment, give the appropriate rest, wearing loose and breathable fabric clothes

4. 眼睛：避免強光刺激，必要時醫師會建議眼藥膏使用。

Eyes: Avoid strong light stimulation, if necessary the physician will recommend the using of eye ointment

5. 皮膚：給予冷敷可促進舒適，為避免抓傷請修剪指甲，使用不含香料的乳液以保避免皮膚乾燥。

Skin: give cold compress to promote comfort, in order to avoid injury please cut nails, use body lotion which has no perfume to avoid skin dryness.

6. 飲食：採少量多餐，給予溫和的流質或軟質飲食，避免過熱或刺激性食物。

Diet: use smaller amount more meals, give gentle liquid food or soft food and drinks, avoid overheating or irritating food

7. 觀察四肢關節有無疼痛的情形。

Observe hands and feet's joints with or without pain

8. 按時確實服藥，並依醫師建議定期追蹤檢查，一直到完全恢復正常為止。

Give medication on time and according to the doctor recommended do regular follow-up inspection, until patient fully recovered

9. 當患者住院期間有注射免疫球蛋白，就醫或打預防針時，需告知醫師。

When patient is hospitalized get injection of immunoglobulin therapy, then if you go to see doctor for medical treatment or vaccination you need to inform doctors.


參考資料 Reference information

黃美智、蔣立琦總校訂(2018) · 兒科護理學 (6 版) · 台北：永大。

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 would like to know more about things above, please contact Tel no:

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