

重症心身障害児(者)の安全安楽を考えた排泄時座位保持用具の作製

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Manufacture of a chair to maintain the sitting position of a person with severe motor and intellectual disabilities, considering their safety and comfort during defecation and urination

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要旨

重症心身障害児(者)は、排泄の完全な自立が困難である場合が多く、その動作のほとんどを長期にわたって他者に依存する。本研究の対象とする A 氏は、尿意・便意があるが、なんらかの介助を必要とする。現在は身体が前に倒れないようにテーブルを設置し、床の上に差込便器を置き、看護師の介助で差込便器に座らせ排泄している。しかし、筋緊張、不随意運動、長時間の排泄により座位がくずれ転倒する危険も高く、筋緊張が強い時には、後ろ側に転倒することもある。そこで、A 氏にとってより安全・安楽な排泄方法はないかと考えた。座位保持用具を作製し排泄方法を検討した結果、A 氏の身体的苦痛を軽減し、転倒・転落を防止し、より安全・安楽に排泄ができるように排泄方法を改善することができた。鳥取臨床科学 4(1), 6-13, 2011

Abstract

For children and persons with severe motor and intellectual disabilities, it is generally impossible to defecate or urinate independently; that is, most of their action for defecation and urination require assistance by other people for a long period of their lives. Inpatient A needs some support for defecation and urination, in spite of her preserved sensation for defecation and urination. Previously, for patient A, the ward nurses put a low table in front of the patient on the floor to avoid leaning forward, placed the bedpan on the floor and helped the patient to sit on the bedpan; however, the patient's risk of falling out of the regular sitting posture and lying down backward was noticed with an increase in her muscle tension and involuntary movements, requiring a long time to defecate or urinate. The patient often lay down backward with higher muscle tonus. For this risk, we considered what type of sitting support would be safer and more comfortable for defecation and urination. Finally, we developed a novel chair to maintain a sitting position during defecation and urination, which reduces physical distress, decreases the risk of falling or lying down on the floor and enables safe and comfortable defecation and urination. Fortunately, this chair has become useful in her daily life, giving her time for handicrafts, leading to an increased frequency of smiling. Tottori J. Clin. Res. 4(1), 6-13, 2011

Key Words: 重症心身障害児(者), 排泄援助, 座位保持用具の検討, 日常生活での笑顔; children and persons with severe motor and intellectual disabilities, support for defecation and urination, chair to maintain the sitting position, smiling in daily life