精神科急性期病棟での取り組み

大井 弥生 1)*

1) 国立病院機構鳥取医療センター 11病棟

Trials of nursing psychiatric inpatients in the acute phase in a closed ward
– With facilitation of transition to their life in the community –

Yayoi Ohi1)

1) The 11th Ward, Department of Nursing, NHO Tottori Medical Center
*Correspondence: 11病棟, 鳥取市氷見 876, 国立病院機構鳥取医療センター

要旨

A病院B病棟は精神科急性期患者を受け入れる閉鎖病棟である。精神科救急医療を開始したこともあり、入院患者が速やかに地域で生活できるように退院支援を行う取り組みを行っている。その取り組みの一環として、AOT(Assertive Outreach Team 積極的に利用者を訪問するチーム)や「らくらく会」という名称で実施している心理教育プログラム(SST; Social Skills Training, 生活技能訓練)について紹介した。

Abstract

Closed Ward B in Hospital A admits psychiatric patients in the acute phase, and recently started to admit patients that need emergency care. The staff on Ward B are currently trying to support their discharge so that they can smoothly shift to their life in the community. As parts of such trials, the assertive outreach team (AOT) and social skills training (SST) were introduced here. AOT is a team that tries to facilitate a patient’s discharge and thereafter actively visits the patient at home. SST is a cognitive behavioral therapy to train patients in skills for better communication with other persons in the community. Tottori J. Clin. Res. 4(2), 120-127, 2011

Key Words: 精神科救急病棟, 積極的訪問チーム, 心理教育プログラム, 生活技能訓練; psychiatric emergency ward, assertive outreach team (AOT), psychological education program, social skills training (SST)