

20年以上の入院生活から退院へ向けて ～面接を通してわかった思い～

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Discharge promotion for a chronic psychiatric patient who has been in hospital for more than 20 years

– The thought of the patient noted in interviews –

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要旨

退院促進支援事業に参加している患者の退院支援を行っているが、20年以上も入院生活を続け、退院準備に消極的であり支援がスムーズに進まなかった慢性期の精神疾患患者の例を経験した。そこで、患者の退院についての思いを知ることで適切な退院支援ができると考え面接を行ったところ、患者の家族、特に母親への思いが明らかになったとともに、不明確だった退院への思いがわかった。鳥取臨床科学 2(1), 8-12, 2009

Abstract

We have assisted psychiatric inpatients involved in discharge promotion services to settle them into the community. We encountered a challenging case of an inpatient with a chronic psychiatric disease, who has stayed in Psychiatric Hospital T for more than 20 years, and who had not wanted to prepare for her discharge; therefore, discharge planning was not smooth. We then conducted semi-structured interviews with her to adequately assist and promote her discharge by understanding the thoughts against discharge. As a result, we noted her thoughts about her family, particularly her mother, which may have influenced her hesitation regarding discharge; that is, she had complicated thoughts about her mother and was afraid that she would be too much troubled if she were discharged, although she wishes in her heart to live with her mother. Her complicated thoughts had been formed because of her long stay in the hospital away from her mother. *Tottori J. Clin. Res.* 2(1), 8-12, 2009

Key words: 退院促進支援, 長期入院患者, 半構成的面接法; discharge promotion services, long-stay patients, semi-structured interview

I. はじめに

精神科慢性期病棟である N 病棟では、地域

移行に向け、長期入院患者の退院を積極的に進めている。しかし、不安から退院に消極的であ