

• 英语学习 •

护 患 情 境 会 话

单肺移植急性排斥反应病人的护理 Nursing Care for a Patient with Acute Rejection after a Single-Lung Transplant

交流

护士:老杨,你不必过于担心。急性排斥反应对你这种手术是每个病人都要发生的,移植后的器官都会受到排斥作用。现代器官移植水平发展这么快,特别是免疫抑制剂的发展,对器官移植排斥反应的预防和治疗都起到了关键作用。你这次手术十分成功,免疫抑制剂浓度经过调整在正常范围内。你现在需要做的是好好休息,给你放一段你喜欢的轻音乐,好吗?

(病人闭目养神,非常配合,大约 40 min 后)

护士:你现在感觉好点了吗?

病人:好多了,这药很有效啊。我觉得排斥反应没那么可怕了。

护士:非常好,老杨,你一定很想念你的家人吧,今天晚上你的家人被允许来探视你。

病人:太好了,谢谢你们。

Interactions

Nurse: Mr. Yang, don't worry too much. Acute reject reaction occurs in every patient who had this kind of operation. All transplanted organs will get the reject reaction. The rapid development of organ transplantation techniques, especially the improvement of the immunosuppressant plays a key role in the prevention and treatment of rejection. Your operation is very successful and the blood drug level of immunosuppressant has been adjusted in the normal range. What you need to do now is to have a good rest. Let me play a tape of music you like for you, OK?

(The patient closed his eyes and took a rest. About 40 min utes later)

Nurse: do you feel a little better now, Mr. Yang?

Patient: Much better. This medicine is very effective. Now I don't feel the rejection is so terrible any more.

Nurse: Very good Mr. Yang. You must miss your family very much. They will be permitted to visit you to-

night.

Patient: That's great. Thank you.

点评

肺移植在我国开展较晚,成功率低。病人对手术效果、排斥反应存在顾虑,且术后早期又被置隔离室,环境单一,与亲朋好友分离,因此心理承受着巨大压力。当出现排斥反应等危及生命的征象时更甚。所以护理人员在密切观察病情的同时,必须加强精神、心理护理,如经常主动、耐心地向病人解释各种治疗、检查的目的,交流演示配合的方法,专注倾听他们的诉说,正确地说明目前的病情状态,温和地安慰和开导他们的恐惧不安心情等。给予最大限度的精神支持,帮助病人渡过排斥反应的难关,争取获得好的疗效。

Comments

In our country the lung transplantation techniques developed rather late and the success rate is also low. Patients often worry about the outcome of the operation and the existence of the reject reaction. They are placed in the isolation room after the operation where the environment is monotonous and they are separated from their family and friends. Therefore, they must bear huge mental stress, especially when signs of endangering their lives occurred such as the rejection reaction appear. So, nurses must offer spiritual and psychological nursing while observing the patient's disease conditions. We must explain to the patient the purpose of various treatments and examinations actively and patiently, and demonstrate ways for cooperation, listen to the patients attentively, explain the present state correctly, gently comfort and enlighten the patients trepidation, give the utmost spiritual supports, and help the patients overcome the difficulty of reject reaction and try to obtain good treatment effects.

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ISSN 1002-6975



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