



佛．教．大．林．慈．濟．綜．合．醫．院

尊重生命
人本醫療

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HOW TO TAP THE PATIENT'S BACK?

如何為病人拍背



英文

Tap the back

Purpose: To let the phlegm to come out easier, and to let lung breathe better.

How to do it? To hold on your fingers tightly like a cup facing down to tap with two hands, and when doing the tapping you can hear the sound that is similar to a container which has nothing in it. Doing it three to four times a day, and 20 to 30 minutes each time.

Things you need to pay attention:

1. To tap 120 times a minute, and tap only one minute to a particular part.
2. To avoid liver, kidney, chest bone, and spine.
3. Do not do it one hour before the meal nor two hours after the meal.
4. To encourage the patient to practice deep breathing and coughing in order to expand the lung capacity.
5. If the patient feel dizzy, suffering from asthma, painful, breeding, and heartbeat speeding up, please contact doctor or nurse right away.
6. If the patient has a wound, please put your palms on the two sides around the wound or you could use pillow to support the belly and put pressure.
7. If the patient coughs so much, please use water to moisten the patient's mouth.