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Buddhist Tzu Chi General Hospital

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Buddhist Tzu Chi General Hospital

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# 如何協助 病人穿脫衣物

## Instructions for Dressing and Undressing the Patient

中英文





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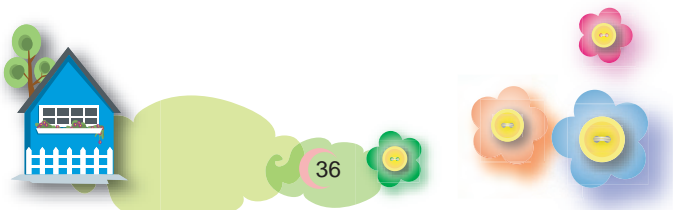
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## A Quick Sketch of Principles

1. Explain to the patient or the family what is being done before actually dressing or undressing the patient.
2. The most disable limb should be dressed first and undressed last.
3. When putting on clothes, pull the IV bottle through first and then the patient's arm or leg.

## 重點速記

- 1、穿脫衣服前要跟病人或家屬解釋。
- 2、脫衣先脫健側，穿衣先穿患側。
- 3、穿衣時，點滴瓶先穿過後，再穿手或腳。

Help the patient "take off" clothes

1. To take off front-opening clothing:



■ First, take off the sleeve on the patient's healthy side or the side without an IV line and then tuck the clothing under the patient's back.

協助病人「脫」衣褲

1、脫開襟衣服：



■ 先脫下健側或沒有注射點滴側的衣袖，並將衣服塞入背後。



- Take clothing off the patient's trunk while leaving the other sleeve on the arm with an IV line. Before taking off all clothes, remember to put the IV bottle through the sleeve; also pay attention to whether the IV line is still in place in the patient's arm.



- 將衣服脫到注射點滴側的手，衣袖需繞過點滴瓶身才可脫下衣服，並注意施針處是否有滑脫。

## 2. To take off a pullover sweater:



- First, take off the sleeve on the patient's healthy side or the side without an IV line.



- Take off the clothes from the neck and then from the arm with an IV line. Remember to put the IV bottle through the sleeve before taking off

## 2、脫套頭衣服：



- 先脫下健側或沒有注射點滴側的衣袖。



- 將衣服由頭頸部脫到注射點滴側的手，衣袖需繞過點滴瓶身才可脫下衣服，並注意施針處是否有滑脫。

all clothes; also pay attention to whether the IV catheter is still in place in the patient' s arm.

3. To take off pants:

Demonstration 1: When the patient is able to raise his or her own hips.



- Ask the patient to raise his/her hips. Grab the leg bottoms and pull the pants down to the ankles. Then take them off over the feet.

3、脫褲子：

示範一 病人可抬高臀部時



- 請病人抬高臀部，拉住褲緣往下拉至腳部，再移除褲子。

Demonstration 2: When an IV line is attached to the patient's foot.

示範二 腳部注射點滴時



■ Pull the pants down to the foot where the IV line is attached.



■ 將褲子脫到注射點滴側的腳。



■ Put the IV bottle through the trouser leg before taking off the entire pair of pants and



■ 褲子需繞過點滴瓶身才可脫下褲子，並掛好點滴瓶，脫褲子時要注意施針處是否有滑脫。

then hang the IV bottle properly. When taking off the pants, be careful not to remove the IV line from the patient's foot.

Demonstration 3: When the patient cannot raise his or her own hips.

示範三 病人無法抬高臀部時



- Roll the patient over to face the caregiver. Pull down the side of the pants closest to the caregiver. Walk to the opposite side of bed and help the patient take off the entire pair of pants.



- 將病人翻向照顧者方向，脫下近側褲子並協助病人平躺。照顧者再到對側協助病人脫下褲子。

Help the patient "put on" clothes

1. To put on front-opening clothing:



Put the IV bottle through the sleeve and then hang the IV bottle properly.

協助病人「穿」衣褲

1、穿開襟衣服：



先將點滴瓶穿過衣袖口，並掛好點滴瓶。



■ Pull the patient's hand through the sleeve opening and then pull through the whole arm.

■ 照顧者將手穿過衣袖拉住病人的手，再穿袖子。



- Roll the patient over to face the caregiver and tuck the clothing under the patient's back. Then help the patient to lie on his/her back.



- 協助病人翻向照顧者近側，並將衣服塞入背後，讓病人平躺。



- Walk to the opposite side of bed. Roll the patient over to face the caregiver. Reach the



- 協助病人翻向照顧者近側，照顧者將手穿過衣袖拉住病人的手，再穿袖子。

patient's other hand through the sleeve opening, and then pull the arm through.



■ Help the patient lie on his/her back. Fasten the inner and outer straps of the clothes as needed.

■ 協助病人平躺，綁衣物內、外固定衣帶。



- Help arrange the clothing and adjust the patient to a comfortable position.

2. To put on a pullover sweater when an IV line is in place:



- Pull the IV bottle through the sleeve, and then hang the bottle properly.



- 協助病人整理衣物及舒適臥姿。

2、穿套頭衣服：



- 先將點滴瓶穿過衣袖後，將點滴瓶掛好。



- Pull the patient's hand through the sleeve opening and then pull the arm through.



- 照顧者將手穿過衣袖拉住病人的手，再穿袖子。



- Lift the collar opening over the patient's head and neck. Pull the other arm through the sleeve, and then pull down the bottom of the sweater to a comfortable position.



- 套下頸部衣領後，將另一側衣袖穿妥後，衣服往下拉妥。

### 3. To put on pants:

Demonstration 1: When an IV line is attached to the patient's foot.



- First, pull the IV bottle through the trouser leg and hang the bottle properly.
- Please note: If an IV line is attached, put the pants on the patient's affected side first and then the healthy side.

### 3、穿褲子：

示範一 腳部注射點滴時



- 先將點滴瓶穿過褲管，將點滴瓶掛好。
- 注意：沒有注射點滴者，先穿患側再穿健側腳的褲管。



- Help the patient raise his/her hips, pull the pants up to the waist, and then zip up (skip this step if there is no zipper on the pants).



- 協助病人抬高臀部，將褲子拉到腰部，拉上拉鍊（無拉鍊則免）。

Demonstration 2: When the patient cannot raise his or her own hips.

示範二 病人無法抬高臀部時

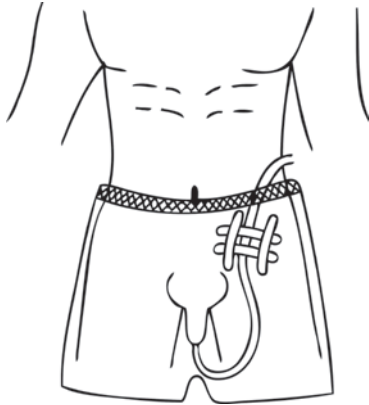


- Pull the pants up over both thighs. Roll the patient over to face the caregiver, and put on the side closest to the caregiver. Then help the patient to lie on his/her back. Walk to the opposite side of the bed, roll the patient over again to face the caregiver, and finish putting on the pants.



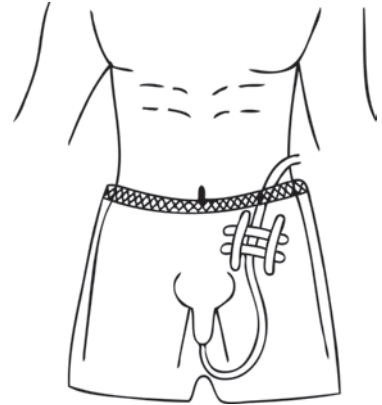
- 將兩側褲管穿到大腿後，將病人翻向照顧者方向，先穿上近側褲子，再協助病人平躺，照顧者到對側，將病人翻向照顧者方向，協助病人穿上褲子。

Demonstration 3: When an indwelling urinary catheter is in place.



- Bring the catheter up to a point above the patient's waistline, allowing it to pass under the waist of the pants, and then securely attach the urinary bag on the edge of the bed.

### 示範三 病人有留置導尿管



- 將導尿管放在腰部上方，讓尿管由褲子腰帶處穿出，將尿袋固定在床緣。