

家居傷口護理

Home Care Wound Dressing



注意事項 Important Points

1. 記錄傷口情況，如傷口變差或有感染(如痛楚、紅腫、發熱、臭味、滲液或帶血絲含膿)，應立即向醫生求診。
Note the wound condition, if the wound get worse with signs of infection (eg. pain, swelling, warmth, redness, smelly blood stained or pus exudate secretion), seek medical advice immediately.
2. 如果敷料與傷口黏連，先將外層敷料除去，再用生理鹽水將內層敷料浸濕後移除。
If the old dressing sticks tightly to the wound, remove the outer dressing then soak the inner dressing with saline before removal.
3. 用過的鉗子和舊敷料應放在即棄垃圾袋內。
Discard the used forceps and old dressing in a disposable garbage bag.
4. 注意整個過程，不要用手觸碰消毒敷料或傷口，以免傷口受污染。
Never touch the wound or sterile gauze with hands to avoid contamination.

5. 保持傷口清潔，換症(洗傷口及換敷料)時須執行無菌技術，確保所用物料經過消毒殺菌程序。避免傷口受到不必要的損傷，如磨擦或受壓。
Apply strict aseptic technique in change of wound dressing. Keep wound clean and intact. Avoid pressure and friction on the wound.
6. 注意均衡營養，有助傷口癒合。
Maintain balanced diet to promote wound healing.
7. 可於清洗傷口前30分鐘服食止痛藥。(如需要)
Take oral analges in 30 minutes prior to change of dressing (if necessary).



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訓練 TRAINING

請先接受醫護人員的洗傷口訓練。Please receive proper training by doctor / nurse.

所需用品 SUPPLIES

即棄的換症包及垃圾袋、清洗劑(依據醫生指示)如生理鹽水、0.05% Chlorhexidine Gluconate、紗布、棉球、膠布及手套(如需用)。

Disposable dressing set and garbage bag、cleansing solution (Follow doctor's prescription) eg. Normal Saline (0.9% NaCl)、0.05% Chlorhexidine Gluconate. swab, gauze, adhesive tapes and gloves if required.

步驟 PROCEDURES

- 1 清潔雙手，確保附近環境清潔。
Perform hand hygiene, ensure clean surrounding.



- 2 拆除傷口敷料，細看傷口有沒有感染症狀、癒合情況、分泌物、氣味、傷口大小、深度、組織，然後再清潔雙手。
Remove old dressing scrutinize for any signs of infection, healing, exudates, odour, wound size, depth, tissue type and clean hands again.



- 3 開啓無菌換症包及排好鉗子。將適量清洗劑倒進盛器內。穿手套(如需要)。用一隻鉗子夾起濕棉花球，壓去過量洗劑後清洗傷口。視乎傷口狀況而擦拭(長形傷口可以直線式由上而下擦拭，圓形傷口可用環迴式由中心向外擦拭)，每粒棉花球只可使用一次，重複此步驟，直至傷口清潔。

Open the sterile package and line up the plastic forceps.

Fill container with adequate amount of cleansing solution.

Wear gloves

(if necessary).



Dip the swab into the solution. Remove excessive solution by forceps or press it against the edge of container, before wiping the wound (longitude wound from upper to lower; round wound from centre outwards). The swab should only be used once. Repeat until the wound is clean.

- 4 用紗布抹乾並蓋上消毒紗布。
Dry wound and cover with sterile gauze.



- 5 用膠布貼緊紗布或用防滲敷料覆蓋傷口。
Secure the dressing with tape or use impermeable dressing.



- 6 棄掉已用完的用具及手套，確保事後雙手清潔。
Discard disposable equipment and gloves, perform hand hygiene.

