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护 患 情 境 会 话

关切自我形象 Concerning Self-Image

背景

病人,刘老太太,70岁,高级知识份子,因患脑出血住院两周。因平时养成良好的卫生习惯,故卧床两周未洗头,自感不舒适,自行起床洗头。护士小陈对病人进行了正确的护理引导。

Background

Patient Mrs. Liu, a 70 years old intellectual, was hospitalized for two weeks because of a cerebral hemorrhage. Because of her good hygiene habits, she felt very uncomfortable not washing her hair for two weeks. She decided to get up to wash her hair. Nurse Chen came to talk to the patient.

交流

病人:睡了一个多星期了,每天护工阿姨给我擦两次身,这身上的感觉倒还可以。就是这头发,我自己都能闻到酸臭味了,摸上去腻腻的,真是难受死了!

病人老伴:让我摸摸你的头发,还好啊。现在可是生病的非常时期啊,你可不能像平时那样讲究了。

病人:唉,要是女儿在身边就好了,让她给我洗一洗,多贴心啊。

病人老伴:要不就护工阿姨给你洗一洗吧。

(此时护士小陈巡视到病人床边,看到刘阿婆及陪护工人正忙活着要洗头,赶忙上前制止。)

护士:刘阿婆,您患的是脑出血,现在还处于急性期,需要严格卧床休息,千万可不能洗头,引起再出血,可不是闹着玩的。

病人:可是我的头实在是太脏了,我真的快要受不了了!

护士:您别着急,我早就替您想好了。等过了这个星期,我会用洗头机给您在床上洗头,您一点也不用麻烦,躺在床上就可以了。

病人老伴:那真是太好了,老伴啊,您就再忍一忍吧!

(过了几天,床位护士小陈推着洗头机来到了阿婆床边。)

护士:刘阿婆,我来给您洗头了。我把这个头托给您垫上,您就睡在这个头托上就可以了,一会就好了。

(温热的水,徐徐的流出。护士小陈轻轻的揉搓着阿

婆的头发,一遍遍的清洗干净。)

病人:真好啊,太舒服了,太谢谢你了,陈小姐。

护士:没事,不用谢我,别急,还有最后一道工序呢!

Interactions

Patient: I have been resting in bed for more than a week. The nursing assistant gave me a bed-bath twice every day. So my body feels OK, but my hair is awful. It smells and feels greasy. I feel awful.

Patient's Husband: Let me touch your hair. It's not so bad. You are sick and you can't be as trendy as before.

Patient: Alas, if only my daughter could be here. I would have asked her to wash my hair.

Patient's Husband: Would you like to ask the nursing assistant to wash your hair?

(At that time nurse Chen made her rounds to the ward and saw the nursing assistant about to wash Mrs. Liu's hair. So she walked up to stop them.)

Nurse: Mrs. Liu, you are suffering from a cerebral hemorrhage. It's still in the acute stage. You need to be on strict bed rest and absolutely can't wash your hair. Bleeding again would be serious.

Patient: But my hair is too dirty. I can't stand it any more.

Nurse: Don't worry. I have already planned it for you. After this week, I will use the hair washing machine to wash your hair in bed. It will have no trouble at all.

Patient's Husband: That will be great. Darling, please endure it a little longer.

(A few days later, nurse Chen pushes the hair washing machine to Mrs. Liu's bedside.)

Nurse: Mrs. Liu, I'm here to wash your hair now. Put this pad under your head. Lie down on the pad and it will only take a minute.

(With warm water slowly pouring, Nurse Chen kneaded the elder's hair gently and rinsed her hair once and again.)

Patient: How nice and comfortable. Miss Chen, thank you very much.

Nurse: You are welcome. Now take it easy, there is one more step to do.

(王 稚)