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护 患 情 境 会 话

陪床问题的疏导 Counseling for a Family Member to Stay Overnight

交流

护士: 喔, 我理解你的感觉。我生孩子的时候虽说我丈夫只陪了三晚, 但也觉得他很辛苦。其实, 你可以让先生晚上回去休息。有事情打铃叫护士, 我们会帮你的。

产妇: 我也劝他不必陪, 可他说值班的护士挺忙的, 不要去麻烦她们。

护士: 张女士, 晚上先生陪床一般帮你解决什么问题呢?

产妇: 喝水、喂奶、小便等。

护士: 你剖腹产后已经七天了。可以根据我教你的起床方法下床活动, 早期活动能预防肠粘连, 有利恢复, 你白天自己上厕所, 对吗?

产妇: 是的。但我先生不放心, 主要是晚上护士少。

护士: 我明白了, 我先去看隔壁房间的病人, 待会再来。

(过了一会儿)

护士: 我与你先生通了电话, 他同意晚上迟些走, 早上早些来看你, 周末再陪夜。你晚上若遇到困难, 护士会帮你解决, 这是我们应该做的, 不要有任何顾虑。

产妇: 谢谢! 你真帮我解决了一个大问题。

护士: (当晚20:00, 值班护士巡视病房, 微笑着对张女士和她先生说) 张女士, 白班护士已经把你的情况告诉了我。时间不早了, 你先生可放心的回家。余下的事情由我负责, 有事一定要打铃通知我, 好吗?

Interactions

Nurse: I understand how you feel. When my baby was born, my husband only had to take care of me for three nights, yet I felt he was so tired. You can ask your husband to stay home and rest. If you have any trouble, just ring the nurse and we'll be glad to help.

Zhang: I have tried to persuade him to do so. However, he always says that the nurses on duty are very busy and he doesn't want to trouble them.

Nurse: Mrs. Zhang, can you tell me what your husband usually helps you with?

Zhang: He helps me drink water, breastfeed, and urinate, etc.

Nurse: It has already been eight days since your Caesarean

section. You can do some activities now according to the instructions we taught you. Physical activities can prevent intestinal adhesion and is good for recovery. You have gone to the restroom by yourself during the daytime, right?

Zhang: Right. But my husband is concerned, because there are only a few nurses at night.

Nurse: I understand. Let me see the patients in the next room first. I will be back soon.

(Awhile later)

Nurse: I just called your husband. He has promised to come here a little earlier in the morning and go home a little later every night during the weekdays, and he will take care of you at night during the weekends. If you have any needs, the nurses will try their best to help you. It is our duty, so don't worry.

Zhang: Thanks a lot. You really helped me solve a big problem.

Nurse: (8 o'clock that night, the nurse on duty walks into the room and says with a smile) Mrs. Zhang, the day shift nurse had told me about your situation. It is getting late and your husband should go home now. It is my responsibility to take care of you. Just ring the bell for me if you need any help, OK?

产妇: 谢谢你们, 我先生今天不用陪夜了。

Zhang: Thank you very much. My husband doesn't have to stay here and take care of me tonight.

点评

产妇需要特殊的护理。住院分娩期间会经历很多复杂的情感, 产生各种不同的情绪反应。当其心理未得到满足时, 可能会产生焦虑。护士要理解病人的需求, 并提供适当的帮助来解决她们的实际问题。

Comments

Pregnant women need special nursing care. They usually experience a lot of complex feeling, and all kind of emotions during their delivery and post-partum time. If their psychological needs cannot be satisfied, they are more prone to anxiety. The nurses need to understand the patients' needs, and provide appropriate help to solve their problems.

(睦文洁)