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护 患 情 境 会 话

抑郁病人的护理

Nursing Care for a Patient with Depression

交流

护士：既然医生没告诉你病看不好了，就表明你的病是有希望治好的。你的各项检查报告显示你的不适感并非由器质性疾病引起，而是抑郁症的一种典型临床表现。像你这样的抑郁症我们遇到的不少，他们都痊愈出院了。你要对自己有信心，医生、护士会帮助你战胜病魔的。

病人：可是，我身体不好，不能工作，也不能照顾家人，反而拖累他们，要他们一天到晚陪着我，照顾我，觉得自己真是没用，还不如死了算了。

护士：我可以感受到你是一个很爱家人、很有责任感的人。患病是每一个人都无法避免的。你的家人在你患病后不离不弃，悉心照料，说明家人深爱着你。所以你应该好好珍惜自己的身体，积极配合医生治疗，争取早日把病看好，以健康的身体来回报家人的爱。如果你只是采取消极的方法来逃避，不仅辜负了家人对你的一片心，更给他们带来了痛苦，不是吗？

病人：你说得对。但是我该怎样做才能使自己尽快好起来呢？

护士：很简单。只要你从现在开始让自己走出病室，融合到群体中去，尽量地参加病区组织的各项活动。这不仅可以丰富你的住院生活，分散你的注意力，忘掉病痛，放松身心，还可以促进你与他人的沟通交往，使你今后能更好地回归家庭与社会。当然，除了这些，最重要的是你要按医嘱服药。服药后如有不适可以告诉我，我会给你提供帮助。平时如有什么问题也可以询问任何一位护士，她们会很乐意为你服务的。

病人：明白了。我会积极配合治疗的，也不会想得太多了。

Interactions

Nurse: I think you will recover from your disease because the doctors haven't told you that you couldn't be cured. The results of your physical examinations are normal, which indicate that your uncomfortable feelings are caused by your depression. Many patients, who suffered the same disease as you, have recovered and been discharged from our hospital. You must have faith in yourself. The doctors and nurses will help you to recover from your illness.

Patient: But, I'm too sick to go to work, and look after my family. On the contrary, my family has to accompany me in the hospital to take care of me. I feel worthless. I prefer to die.

Nurse: I can feel that you are a person who loves your

family very much and takes high responsibility for your family. As you know, no one can escape from being sick during one's lifetime. Your family members look after you when you are sick because they love you very much. You should treasure yourself for them. It's better for you to cooperate with your doctor to recover quickly. You should repay your family's love with a healthy body. If you only want to escape in a pessimistic way, you will not only let them down, you will also bring them too much pain.

Patient: You are right. But what can I do for my recovery?

Nurse: It's simple. Go out of your room and be sociable with other people. Take part in the various activities in the unit. It will help you to enrich your hospital life, divert your attention from your illness, relax your body, and can also help you to interact with other people. This will prepare you to return to your family and society in the future. Above all, you should take the medicines according to the doctor's order. Please let me know if you have any discomfort after you take the medicines. I will help you. It's okay for you to ask any other nurses in our unit for help at any time you need it. They will be pleased to help you.

Patient: I see. I will cooperate with you and try not to think too much any more.

结果

患者接受配合治疗，主动参加各项活动，情绪稳定，对生活充满信心，3周后康复出院。

Result

The patient accepted and complied with her treatment, and actively participated in various activities. Her mood became stable. She had an optimistic attitude toward her life and recovered and was discharged from the hospital three weeks later.

点评

杜女士以为自己得了不治之症。护士及时提供该疾病的信息，并给予专业性的指导和适当的保证，使她重拾对未来的信心。

Comments

Ms. Du believed that she was suffering from an incurable disease. The nurse promptly provided information about the disease, and gave her professional specialized instructions and the proper reassurance. Ms. Du regained her confidence in her future.

(赵惠英)