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护 患 情 境 会 话

自杀病人的心理护理 Psychological Nursing Care for a Suicidal Patient

背景

患者王太太, 30岁, 因丈夫嗜赌, 不仅输掉了家中的积蓄, 还背上了债务, 一气之下, 自服“甲氨磷农药”约30 mL, 被立即送入我院急诊。病人意识清醒, 烦躁, 双眼紧闭, 拒绝洗胃等抢救。这时护士如何帮助她呢?

Background

Mrs. Wang, 30 years old, attempted to kill herself, because her husband was addicted to gambling. He had not only lost all of the family's savings but also brought the family into debt. She was so angry and upset. She drank about 30ml. methamidophos pesticide. She was rushed to the hospital for emergency treatment. In the emergency room, the patient was conscious and dysphoria. She closed her eyes and refused to be saved by stomach lavage. How could the nurse help her?

交流

护士: 我理解你现在的心情, 知道你是没办法才走这条路的。可是, 你想过没有, 你死了可以一了百了。但你儿子怎么办? 你能放心让这样的父亲抚养他吗? 还有你父母, 他们也快老了, 谁照顾他们? 你还没有为他们尽孝心呢就想先走了, 他们有多伤心, 你有没有替他们想一下呢?

病人: 我实在活不下去了。(说完大声哭了起来)。

护士: 死不是唯一的办法, 实在过不下去可以通过其他办法来解决啊。人的生命只有一次。死了不能复生, 你说是不是?(同时转过身对站在一旁的病人的丈夫说)虽然清官难断家务事, 但今天你爱人为了你而去死, 你是有责任的。希望通过这件事, 你一定要改掉赌博恶习, 一家人好好过日子。

病人丈夫(扳着妻子的肩膀)说: 我今后保证不赌了。你一定要好好听医生和护士的话。你要是死了我怎么向我们的孩子和父母交待啊!

(这时王女士的泪水慢慢止住了, 较前平静了许多。)

护士: (握着病人的手轻轻地说) 我们准备给你洗胃, 请你配合我们。我们会从你口腔插一根胃管到胃内, 把你胃内的毒药吸出来, 只要你很好配合, 插进去会很顺利。当管子到喉咙处叫你咽时你要象吃面条那样吞咽, 有一点恶心, 我尽量轻轻地做。来, 我们一起努力吧!

(王女士轻轻地点了点头。护士协助其取左侧卧位。)

护士: 小王你尽量放松, 把嘴张开。

(王某顺从地张开了嘴, 护士立即在她上下牙齿间垫上

牙垫, 轻轻地把洗胃管插入口腔。)

Interactions

(Mrs. Wang opened her mouth. The nurse put a cushion between her upper and lower teeth immediately and inserted a gastric tube into her mouth gently.)

Nurse: I can understand your feelings now. I know you chose to kill yourself because you thought you had no other choice. You just assumed that if you were dead, all the troubles would be gone. However, have you thought about your son? How could you let him be raised by such a father? And how about your parents, they are getting old, who's going to take care of them? If you were dead, you would not be able to repay your parents in their old age. How sad they would be! Have you thought about all this?

Patient: I really can't live any longer. (Crying out loudly)

Nurse: Death is not the only solution to the problem. You can find other ways to solve your problem. Everyone has only one life to live and no one can be resuscitated after death. Isn't it true? (Turns to the patient's husband standing next to her bedside and says) Although it is said that "It's hard for an honest and smart judge to settle a family quarrel", but you should take responsibility for your wife's suicide attempt. Through this incident, you must get rid of the bad gambling habit and try to live harmoniously with your family.

Patient's Husband: (Holding his wife's shoulder) I promise you I won't gamble any more. You should listen to the doctor and the nurse. How can I face your parents and our child if you are dead?

(Ms. Wang stopped crying gradually and became calmer.)

Nurse: (Holds the patient's hand and says softly.) We are ready to give you a stomach lavage. Please cooperate with us. We will insert a gastric tube into your stomach via your mouth to draw the pesticide out. It will be no problem if you cooperate with us. When the tube reaches your throat, you should swallow it as you would swallow noodles. You may feel a little nausea. I will try my best to make you comfortable. OK. Let's do it.

(Mrs. Wang nodded slightly. The nurse helped her to lie on her left side.)

Nurse: Mrs. Wang, try to relax and open your mouth.

(杨惠花)