



RCCSE 中国权威学术期刊 (A+)

中国生物医学类核心期刊

中国期刊全文数据库 (CJFD) 收录期刊

中国学术期刊综合评价数据库 (CAJCED) 统计源期刊

万方数据—数字化期刊群全文收录期刊

中文科技期刊数据库收录期刊

ISSN 1002-6975

CN 52-1063/R



QK1730316

# 护士进修杂志

HUSHI JINXIU ZAZHI

护士进修杂志社

ISSN 1002-6975



9 771002 697079

# 2017 18

第 32 卷 VOL.32 NO.18

# 护士进修杂志

HUSHI JINXIU ZAZHI

半月刊 1986年1月创刊 第32卷 第18期 2017年9月22日出版

## 主管·主办

贵州省医药卫生学会办公室

## 编辑出版

护士进修杂志社

地址:贵州省贵阳市市北路11号

电话:(0851)86854912 86826371

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黔0040号

## 发行

国内:贵州省邮政局

国外:中国国际图书贸易总公司

## 印刷

贵阳精彩数字印刷有限公司

## 订购

全国各地邮政局

邮发代号 66-40

## 邮购

护士进修杂志社

## 定价

每期:10.00元,全年240.00元

## 中国标准连续出版物号

ISSN 1002-6975

CN 52-1063/R

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期刊基本参数:CN52-1063/R \* 1986 \* S \* A<sub>4</sub> \* 96 \* zh \* P \* ¥10.00 \* \* 33 \* 2017-18

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执行编委 龚廉坚 责任编辑 黄晔秋 英文译校 汪思顺

# JOURNAL OF NURSES TRAINING

Volume 32

Number 18

September 22, 2017

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### Responsible institution Sponsor

Office of Guizhou Provincial Medical  
Hygiene Association

### Editor & Publisher

The Publishing House of Journal of  
Nurses Training

Add: 11 Shibe Road, Guiyang, Guizhou

Tel: (0851)86854912 86826371

86867129

Zip Code: 550004

E-mail: hsjx\_guiyang@163.com

http://fsjx.cbpt.cnki.net

### Honorary Editor in-chief

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### Advertisement permit No.

Qian 0040

### Distributor

Domestic: Guizhou Provincial Gen-  
eral post office

Overseas: China International Book  
Trading Corporation

### Printing

Guiyang Excellent Digital  
Printing Co., Ltd.

### Mail-Order

The publishing house of Journal of  
Nurses Training

### CSSN

ISSN 1002-6975

CN 52-1063/R

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Nurses Training

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## 临床带教

### 输液带教 Teaching Intravenous Transfusion to Nursing Students

#### 交流

护生: 你叫李丽吗? 今天你发高烧了, 医生给你开了药, 现在我给你打针, 好吗?

李丽: 一定很痛, 我不要打针!

李丽母亲: 我女儿血管细, 不好打, 请你的老师看看吧!

张老师: 好的, 我来看看。哦, 血管确实很细。我来帮你打吧。李丽, 别怕, 会有一点痛像蚊子咬一样, 很快就好了。(打完后)好了, 你很勇敢, 还痛吗?

李丽: 还好, 不痛了。

护生: 张老师, 对这样的小病人, 我们在为她作静脉输液时要注意些什么?

张老师: 首先, 我们要让小病人配合我们的治疗, 刚才你都看到了, 我们要给患儿作充分的解释。假如患儿拒绝实习护生打针, 你们也不要强求患儿, 直接叫老师好了, 除非你有很大的把握。

护生: 哦, 明白了, 虽然他们不信任我的技术, 但我能理解他们的心情。

张老师: 其次, 这位患儿, 手臂有些胖, 加上发热后进食少, 身体虚弱。这些因素使血管更不显露, 不易找了。这时候, 还可以通过手指的轻轻触摸来感觉血管的存在及走向, 这样进针就有把握。对发热的患者, 我们还要多巡视, 患者的面色常常可以反应病情的转归。

护生: 我刚刚给李丽换了第二瓶水, 看到李丽好像哭过的样子, 眼睛水汪汪的。

张老师: 我们一起去看看。

(看到李丽后, 张老师让护生拿了体温计帮李丽再复测一下体温, 结果体温是39.5℃, 当即找医生, 并建议在补液中加入地塞米松帮助降温。)

李丽母亲: 谢谢你们, 如果没有你们帮助发现, 输完液回去, 体温不降, 又得再上医院来。

#### Interactions

Student Nurse: Are you Li Li? You had a high fever today and the doctor has prescribed medicines for you. Let me give you the injection now, OK?

Li Li: I don't want any injection. It will hurt.

Li Li's Mother: Can you please let your teacher do it?

My daughter's blood vessels are very thin and it is not an easy job to give her an injection.

Nursing Teacher: All right, let me take a look. Oh, they are indeed quite thin. I will do it for her. Li Li, don't be afraid. It may hurt a little, but no more than a mosquito bite. It will be over in a minute. (after the injection) All right, you are such a brave girl. Do you still feel pain?

Li Li: Not too bad, it is not hurting anymore.

Student Nurse: Teacher Zhang, what should we pay attention to when performing an injection on patient like her?

Nursing Teacher: First, we need to convince the little patient to cooperate with us. As you have just witnessed, we must give them an adequate explanation. If the patient refuses to let the student nurse do the injection, don't force them. Call your teacher, unless you are confident enough to do it yourself.

Student Nurse: Oh, I see. Although they may not trust my skills, I can sympathize with their feelings.

Nursing Teacher: Also, this patient has little fat arms, and she is quite weak because of lack of food intake after having the fever. These factors can make her blood vessels difficult to see and find. In this case, you can use your fingers to feel the existence and direction of the blood vessels, so that you will be more confident when you do the injection. Also, we need to pay more attention to their appearance, because patients' complexions can often reflect the states of their illness.

Student Nurse: I just changed the second bottle for Li Li and I noticed that her eyes were watery as if she had just cried.

Nursing Teacher: Let us take a look.

(After seeing Li Li, teacher Zhang asked the student nurse to take the patient's temperature again. It was 39.5℃. A doctor was immediately called and Dexamethasone was added to the transfusion liquid to bring down her temperature.)

Li Li's Mother: Thank you very much. Without your careful observation, we may have to come back here again if my daughter continued to have a high fever after the transfusion.

(庞曼莪)