

原 著

老人の排泄自立に関する研究 — オムツはずしの可能性の検討 —

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Study on Regaining Control of the Elimination in the elderly
— Investigation into the Possibility of Taking off the “Omutsu” —

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Abstract

The purpose of this study was to consider the effective ways, toward regaining control of the excretion, to encourage the elderly patients who use the “Omutsu” (diaper for adult) to take off it.

The Subjects were 7 elderly patients (4 males and 3 females, a mean age of 78.5 ± 5.8). We used the retrospective method for them and analyzed one case.

The results were as follows;

- 1) The possibility of taking off the “Omutsu” is related to the degree of obesity, the evaluation of ADL and the length of the excretion using the “Omutsu” before the hospitalization.
- 2) In regaining control of the excretion defecation tends to precede urination.
- 3) To improve the stage of regaining control of the excretion, it is necessary to ascertain the condition to being success, such as the degree of the establishment of sensing the urine, defecation control, the degree of the expansion of ADL and the patient's will or his state of mind.
- 4) On the process of taking off the “Omutsu” the experience of failure sometimes cause the retrogression of taking off the “Omutsu”.

要 旨

この研究は、オムツを使用している老人患者を対象に排泄の自立へむけて、オムツはずしの有効なすすめ方を検討する目的で行った。対象は7人（男性4人、女性3人、平均年齢 78.5 ± 5.8 歳）、方法はふりかえりによる調査と1事例の分析であり、以下の結論を得た。

- 1) オムツはずしへの可能性は肥満度、ADL評価、入院までのオムツ排泄の期間が関与している。

2) 排泄行動の自立は排便が排尿に先行する傾向がある。

3) 排泄自立の段階を上げるには、尿意の確立の程度や排便のコントロール、ADLの拡大の程度、患者の意志や精神面の状態など成功につながる条件を見極める必要がある。

4) オムツはずしの過程で失敗体験はオムツはずしを後退させることがある。