

論 文

褥創発生リスクの高い高齢者における 体圧測定と体圧分散寝具使用の有効性の検討

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Evaluation of Pressure Ulcer Prevention with Using Instrument for Interface Pressure and Support Surfaces in Elderly.

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Abstract

In general we conduct a position change for the reduction of the pressure ulcer ; however, there are some cases that we can not completely reduce the pressure through this method. Thus, it is necessary to use support surface to distribute the interface pressure. In this report we introduce use of three types of support surfaces to distribute the interface pressure combining with the periodic measurement for the interface pressure at the sacrum in care. Then we investigate the interface pressure and the occurrence of the pressure ulcer, taking into account the result before and after the introduction of support surfaces. Focusing on the elder patients whose points in the Japanese version of the braden scales are 14 and below, we check the dependence of the interface pressure at the sacrum on the occurrence of the pressure ulcer. For further clarification of an effect of the introduction of support surfaces on keeping from the pressure ulcer, we examine the value of the interface pressure at the sacrum in comparison with standard mattress.

As a result, we found that two events are very effective in caring of the pressure ulcer prevention for bed-ridden elder patients. One is the measurement of the interface pressure at the sacrum with noticing the difference between the internal and the external pressure on a diaper, and the other is the introduction of support surfaces for reducing the interface pressure at the sacrum.

Key Words

Interface pressure, Support surfaces, The Japanese version of the braden scale, Pressure ulcer

要 旨

褥創の除圧ケアとして体位変換をおこなうが、それだけでは除圧しきれない場合がある。そこで、体圧分散寝具の使用が必要となってくる。今回我々は、仙骨部体圧の定期測定と3種類の体圧分散寝具の使用をケアに導入し、体圧と寝具導入前後の褥創発生の実態について調査し、有効性を検討した。日本語版ブレイデンスケールが14点以下の高齢者を対象とし、褥創発生の有無別に仙骨部体圧値を比較した。さらに、体圧分散寝具導入前後の褥創の実態と、標準マットと体圧分散寝具の仙骨部体圧値を比較した。その結果、寝たきり高齢者の褥創予防ケアでは、仙骨突起部のおむつ内外の体圧を測定し、その差に着目することと、仙骨部体圧を減少させる体圧分散寝具の使用が有効であることが示唆された。

キーワード

体圧, 体圧分散寝具, 日本語版ブレイデンスケール, 褥創