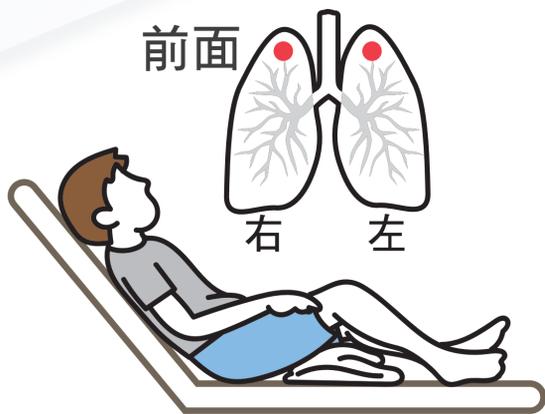
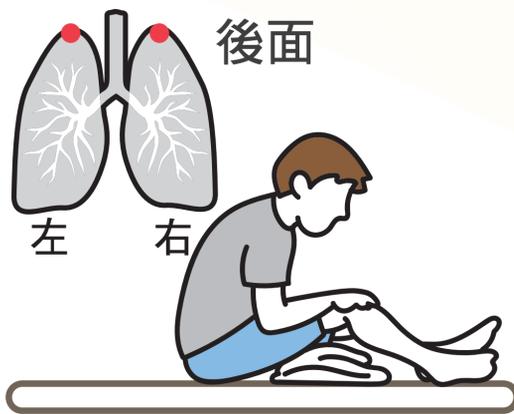


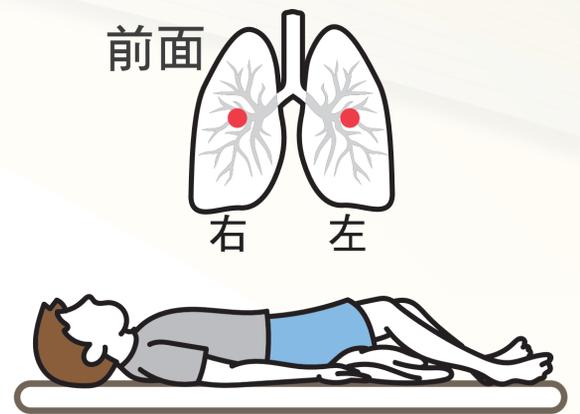
# 姿位引流



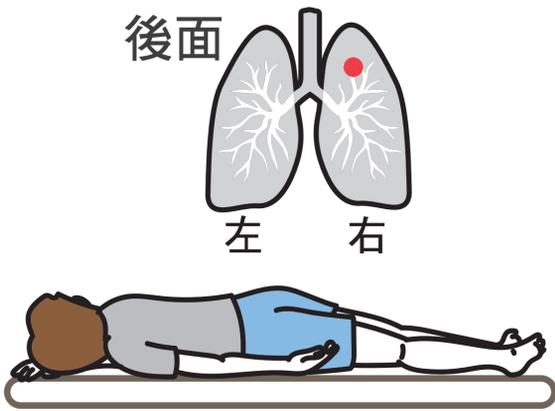
前肺尖



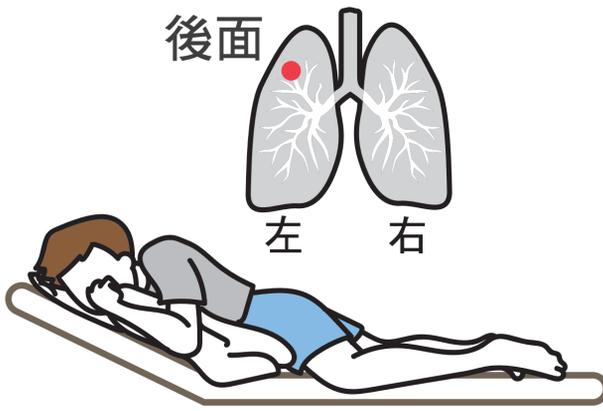
後肺尖



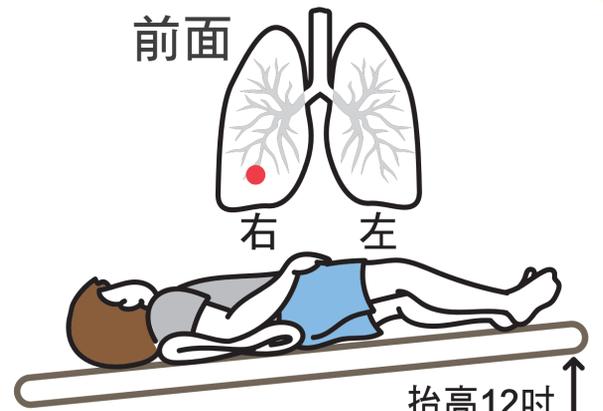
肺上葉的前小葉



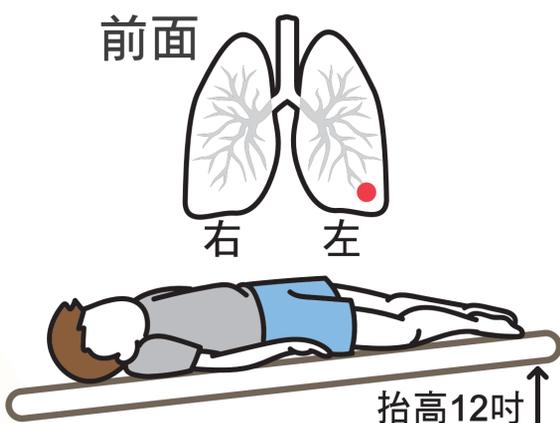
右肺上葉的後小葉



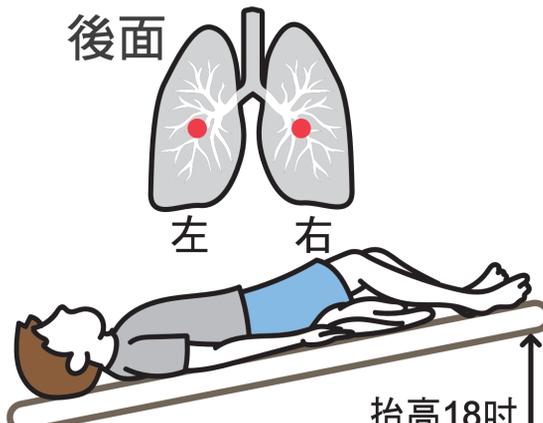
左肺上葉的後小葉



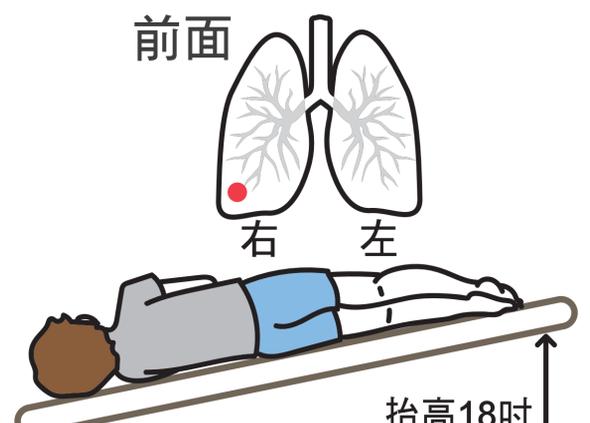
右中葉



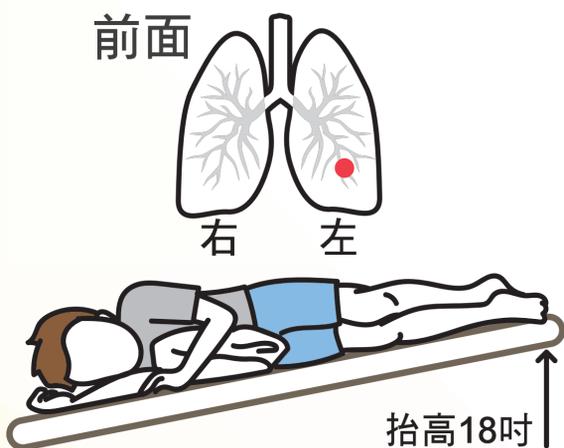
左舌葉(左中葉)



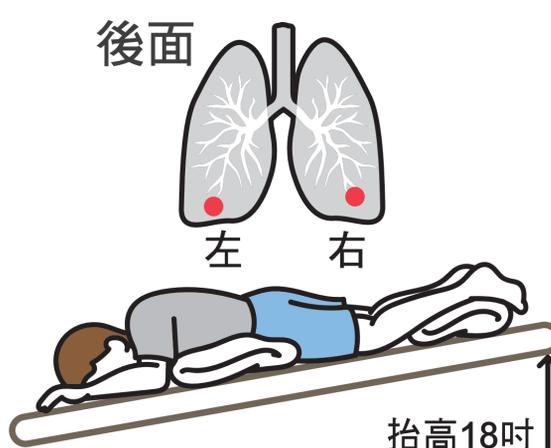
下肺葉的前小葉



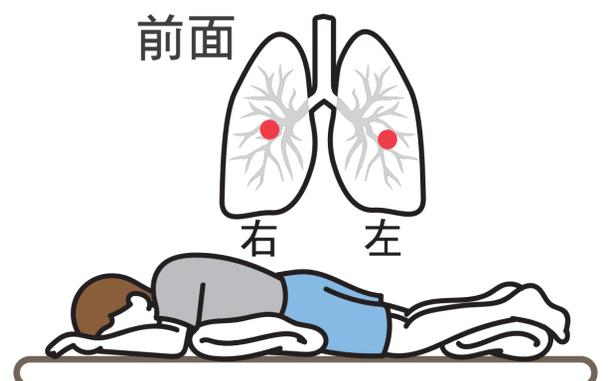
右下葉的側段



左下葉的側段



下肺葉的後小葉



下肺葉的上段

**原理：**利用重力原理與身體姿勢的改變，將痰液堆積的肺葉置於較高位置，配合胸部叩擊或拍痰器使用，以利積痰鬆脫並流至較大呼吸道，再藉由咳嗽將痰咳出。

**時機：**1、每日執行至少一次，依照痰量多寡與進食狀況作調整；一個部位引流時間為10-15分。

2、飯前30分鐘至1小時，或是飯後1-1.5小時執行，以避免影響進食或發生嘔吐。



請掃我了解詳情