

# 哮吼病童的護理指導

## Nursing Guidance For Croup Sick Child

哮吼是一群症狀的總稱，是聲門與聲門以下的喉部腫脹，導致呼吸道管徑變小，所引起的吸氣性哮鳴。引起哮吼的原因以感染最常見，其次為異物吸入、血管神經性水腫、喉部腫瘤、外傷性哮吼等。上呼吸道（喉部、氣管及支氣管）感染後，易在夜間突然發生呼吸困難，主要是咽部會厭處嚴重發炎導致呼吸道阻塞而引起的症狀。好發年齡為6個月到3歲的幼童，以2歲最為常見；多在季節變換時發生，如初秋至冬初。

Croup is collective term of a group symptoms. It is the glottis and throat swelling below glottis, resulting in respiratory tract become smaller, cause to breathing wheezing. Mostly found the causes of croup is infection, followed by extraneous substance inhaled to body, angioneurotic edema, laryngeal tumor, external injury and so on. After upper respiratory tract (throat, trachea and bronchial) get infected, at night it will easy suddenly got breathing difficulties, mainly pharyngeal portion will cause severe inflammation that lead to respiratory tract obstruction's symptom. It is likely to occur to 6 months till 3 years old children, 2 years old most commonly found. More likely occurs in season changing, such as early autumn to early winter.

### 一、症狀

First, the symptoms: :

初期會有一般上呼吸道感染的症狀，如：發燒、流鼻水、咳嗽，隨後咳嗽加劇，典型的症狀為發出狗吠式的咳嗽、聲音嘶啞、吸氣時出現喘鳴聲、胸骨上緣、肋間或肋緣凹陷等呼吸道阻塞的現象。病情輕重不一，嚴重者會有缺氧發紺，症狀常在夜晚較厲害，有時病情好轉後又會復發。

Beginning period will generally occurs initial symptoms of the upper respiratory tract infected, such as: **fever, runny nose, cough**, followed by cough intensified, the typical symptoms will be **barking cough, hoarseness, wheezing sound when breathing**, sternal border, intercostal or rib side sunken and other respiratory tract obstruction symptoms. The severity of diseases will be different, If it is very severe then there will be hypoxia cyanosis, **symptoms getting more serious at night and sometimes it will relapse again after recovery.**

### 二、治療

## Second, Treatment:

1. 治療的原則在維持適當的氣體交換，沒有呼吸窘迫的病童可在門診治療，有明顯呼吸窘迫病童則需住院治療。

The principle of treatment is to keep maintenance of appropriate air exchange, If no respiratory distress then sick children can only do outpatient treatment, but if there are obvious respiratory distress then sick children are required to be hospitalized.

2. 吸入性腎上腺素可以快速的緩解症狀，但是無法改變其自然病程，所以使用後需小心觀察，必要時可重複使用

Inhaled adrenaline can quickly relieve symptoms, but cannot change its natural course of diseases, so after use need to be carefully observed, if necessary can be reused.

3. 類固醇也可以減緩氣道的發炎水腫，改善臨床症狀。不過，並未證實可有效的縮短病程

Steroids can also retard airway inflammation and edema, improving clinical symptoms. However, it has not been proven to be effective in shortening the course of the disease.

4. 對嚴重呼吸道阻塞的病童需插管以維持呼吸道通暢，並監測氧氣濃度

Patients with severe airway obstruction need to be intubated to maintain respiratory tract unobstructed and monitor oxygen concentration.

## 三、照顧注意事項

### Third, Matters that need to pay attention to while take care :

1. 給予足夠的水分

Give enough water.

2. 需讓病童儘量安靜，避免哭泣

Need to keep the sick patient as quiet as possible, avoid crying.

3. 在家中可將浴室門窗緊閉後放熱水在浴缸內，使蒸氣充滿浴室後，抱小孩到充滿水氣霧化的浴室至少 10 分鐘以上，可緩解症狀。

At home can put hot water in bathtub after the bathroom doors and windows are closed, so that the steam filled the bathroom, hold the child to full of water vaporized bathroom at least 10 minutes or more, it can relieve symptoms.

4. 注意觀察孩子的病情變化，若出現下列情況應儘速告訴醫師，以免危及生命：呼吸

困難、呼吸急促（喘）、嘴唇發紫、胸骨凹陷或肋緣凹陷、無法吞口水、精神活動力差等。Pay attention observing the child's condition changes. If the following circumstances happens then should look for physicians as soon as possible, so as not to endanger life: breathing difficulties, shortness of breath (breathing), lips purple, sternal depression or rib margin depression, unable to swallow, poor mental activity, etc.

5. 不要隨意給予孩子服用咳嗽藥或感冒藥，因為這些藥的成份有乾燥作用，會使分泌物更濃稠，病情更惡化。

Do not give cough medicine or cold medicine to the sick child, because the ingredients of these drugs have a dry effect, it will make the secretions more thick, worsen the disease condition.

#### 四、預後

Fourth, Prognosis :

大約 15% 的病毒性哮吼患者會有併發症，最常見的是感染侵犯到其他部位，如中耳炎、細支氣管炎、肺炎。不過預後良好

About 15% of croup patients caused by virus will get complications, Most commonly found is it infected to other parts, such as otitis media, bronchiolitis, pneumonia. But the prognosis is good. °

#### 參考資料 Reference information

黃美智、蔣立琦總校訂(2018) · 兒科護理學 (6版) · 台北：永大。

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉


兒科加護病房分機 4505、4506

新生兒中重度病房分機 4507、4508

If you would like to know more about things above, please contact us at 05-2756000 turn

Pediatric intensive care unit extension 4505,4506

Neonatal moderate to severe ward extension 4507,4508

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