

新生兒紅臀照護指導

Newborn Red Butt Care Guidance

一、何謂尿布疹？

1. What is diaper rash?

新生兒的皮膚對刺激物質特別敏感，由於整天包著尿布與皮膚接觸，易形成接觸性皮膚炎也稱為尿布性皮膚炎、尿布疹或是紅臀，常發生在肛門周圍的皮膚與尿布覆蓋的區域。

The skin of newborn babies is particularly sensitive to irritating substances. Contact dermatitis is prone to form due to contact with the skin when wrapped in a diaper all day long. It is also called diaper dermatitis, diaper rash or red buttocks. It often occurs on the skin and diapers around the anus. Covered area.

二、造成尿布疹的原因有：

2. Causes of diaper rash:

1. 尿液、糞便：糞便內細菌與尿液中尿素互相作用分解出氨，使皮膚酸鹼值升高，造成皮膚刺激。

1. Urine and stool: The bacteria in the stool interact with the urea in the urine to decompose ammonia, which increases the pH of the skin. Cause skin irritation.

2. 摩擦：一般以大腿內側、生殖器、臀部最易出現，因為上述部位常與尿布不斷摩擦，而形成尿布疹。

2. Friction: Generally, it is most likely to appear on the inner thighs, genitals, and buttocks, because the above parts often rub against the diaper and form diaper rash.

3. 化學刺激物質：沐浴乳、香皂、濕紙巾等物品，都易含有微量的化學刺激物質，若洗淨過程中未完全去除，易造成尿布疹的可能因素。

3. Chemical irritating substances: items such as shower gel, soap, wet paper towels, etc., all easily contain traces of chemical irritating substances. If it is not completely removed during the washing process, it is likely to cause possible factors for diaper rash.

4. 微生物：主要是指白色念珠菌，在有尿布疹的新生兒屁股上常會分離出白色念珠菌，但目前認為應先有接觸性皮膚炎，才讓糞便中念珠菌有機可乘寄生。

4. Microorganisms: mainly refers to *Candida albicans*. *Candida albicans* is often isolated on the buttocks of newborns with diaper rash. However, it is currently believed that contact dermatitis should be present before *Candida* in feces can be parasitic.

三、尿布疹應注意事項：

3. Matters needing attention for diaper rash:

1. 盡量使用純棉衣褲與較佳品質且透氣的尿布，避免使用洗衣粉及漂白水洗滌，應使用肥皂且經日晒消毒、乾燥。
1. Try to use pure cotton underwear and better-quality and breathable diapers. Avoid washing with detergent and bleach. Use soap and disinfect and dry in the sun.
2. 每二到三小時查看及勤更換尿布，保持局部皮膚乾燥；排泄後使用溫水清洗臀部，並以輕按壓方式擦乾，勿使用含香精或酒精的嬰兒濕巾擦拭破損的皮膚。
2. Check and change diapers frequently every two to three hours to keep the local skin dry; wash the buttocks with warm water after excretion and dry them with light pressure. Do not use perfume or alcohol-containing baby wipes to wipe the damaged skin.
3. 每日更換尿片後，利用 1~3 次的時間將會陰部暴露空氣中 5~10 分鐘，以保持臀部乾燥且注意保暖。
3. After changing the diapers every day, use 1 to 3 times to expose the genitals to the air for 5 to 10 minutes to keep the buttocks dry and keep warm.
4. 可使用凡士林、護膚膏保護皮膚，避免塗抹爽身粉(痲子粉)，以免增加患部的刺激。因爽身粉會與皮膚滲出物結合成硬塊，會影響皮膚傷口的癒合。
4. Petroleum jelly and skin care cream can be used to protect the skin, and avoid applying talcum powder (prickly heat powder) to avoid increasing the irritation of the affected area. , Because talcum powder will combine with skin exudates into a hard lump, which will affect the healing of skin wounds.
5. 當產生尿布疹時，可依醫師指示給予局部用藥，避免直接刺激皮膚，更換尿布須先清除舊藥膏，再重新塗上藥膏，切忌自行購買藥膏以致延誤治療。
5. When diaper rash occurs, topical medication can be given according to the doctor's instructions to avoid direct skin irritation. When changing diapers, you must first remove the old ointment, and then reapply the ointment. Do not purchase ointment yourself and delay treatment.

參考資料

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

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