

新生兒鎖骨骨折

Neonatal clavicle fracture

◎何謂新生兒鎖骨骨折？

◎What is a neonatal clavicle fracture?

新生兒鎖骨骨折是指由於生產過程時，受到產道及恥骨聯合處擠壓，造成新生兒鎖骨處骨折的情形，是不可預知及不可預防的併發症。發生率約為百分之二，正常生產及剖腹產皆有可能發生。

Neonatal clavicle fracture refers to the situation that the birth canal and pubic symphysis are squeezed by the birth canal and the pubic symphysis during the birth process, which causes the fracture of the clavicle of the newborn. The incidence is about 2%, and both normal delivery and caesarean section may occur.

◎新生兒鎖骨骨折常見原因：

◎Common causes of clavicle fractures in newborns:

1. 胎位不正：如肩位或臀位產。

1. Improper fetal position: such as shoulder or breech delivery.

2. 母親骨盆與胎兒胎頭不對稱。

2. The mother's pelvis is asymmetrical with the fetal head.

3. 急產、肩難產。

3. urgent birth, shoulder dystocia.

4. 先天性嬰兒軟組織攣縮或骨骼發育不良症。

4. Congenital infant soft tissue contracture or skeletal dysplasia.

5. 新生兒體重過重。

5. The newborn is overweight.

6. 不明原因。

6. Unknown reason.

◎臨床症狀：

◎Clinical symptoms:

1. 大部分新生兒的症狀不明顯，雙手活動可能正常，不容易發現異狀，但抱著時，可能因固定某一側會有局部壓痛，特別躁動不安。

1. The symptoms of most newborns are not obvious, the hands may move normally, and it is not easy to find abnormalities, but when holding, there may be local tenderness on one side of the fixation, especially restlessness.

2. 骨折的手臂揮動時會因疼痛而哭鬧。

2. The broken arm will cry because of pain when swinging.
3. 因為疼痛的關係，骨折的手臂活動量會較少，甚至醫師評估時會發現擁抱反射（手臂彎曲成擁抱的姿勢）雙邊動作會不對稱。

3. Because of the pain, the amount of movement of the fractured arm will be less, and even the doctor will find that the hug reflex (arms bent into a hug posture) will be asymmetrical in bilateral movements.

4. 局部腫脹。

4. Partial swelling.

5. 如果手臂無法舉起、活動受限制，則會懷疑是否有臂神經叢受損。

5. If the arm cannot be lifted and the movement is restricted, it will be suspected whether there is damage to the brachial nerve plexus.

◎新生兒鎖骨骨折治療方式：

1. 當醫生懷疑有鎖骨骨折的可能時，會幫新生兒安排胸部 X 光檢查。

2. 通常不需要特別的治療，約經 4~6 週後，骨折會自行癒合，不需支架或特殊處理。

3. 醫師會安排回門診，追蹤檢查鎖骨癒合情況。

◎照護注意事項：

◎Precautions for care:

1. 抱新生兒時，需用手支托其頭、頸與背部，避免由手臂處抱起嬰兒。

1. When holding a newborn baby, support the head, neck and back with your hands, and avoid picking up the baby by your arms.

2. 抱嬰兒時，鎖骨骨折那一側朝外，而餵母乳時也要避免緊壓鎖骨骨折那一側的手臂。

2. When holding a baby, the side with the broken clavicle faces outward, and when breastfeeding, avoid pressing the arm on the side with the broken clavicle.

3. 新生兒沐浴時，應由寶寶背後自腋下握住未受傷的手臂，勿握住已骨折的手臂。

3. When the newborn is bathing, the uninjured arm should be held from the back of the baby from under the armpit. Do not hold the broken arm.

4. 穿脫衣服時，請掌握患側的手臂「先穿後脫」的原則，也就是穿衣服時應從骨折的手臂先穿，脫衣服時則從未受傷的手臂先脫，再脫骨折的手臂。

4. When putting on and undressing, please grasp the principle of "putting on first and then taking off" the affected arm, that is, when putting on clothes, you should put on the broken arm first, and when undressing, take off the uninjured arm first, and then take off the broken arm. .

5. 骨折尚未癒合時，勿讓嬰兒趴睡、側躺時勿壓到鎖骨骨折那一側。

5. When the fracture has not healed, do not let the baby sleep on his stomach, and do not press the side of

the clavicle fracture when lying on his side.

6. 減少鎖骨骨折那一手的活動，要提醒家人注意，避免在逗弄嬰兒時未注意而造成傷害。

6. Reduce the activity of the hand with the fracture of the clavicle, remind family members to pay attention to avoid injury caused by not paying attention when teasing the baby.


7. 觀察手臂活動力，如：手揮動情況或握掌情況，有異樣時應立即就醫檢查。

7. Observe the mobility of the arm, such as: hand waving or palm holding. If there is any abnormality, seek medical attention immediately.

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。

如果您有任何問題或意見，歡迎您與嬰兒室聯絡 (05) 2756000 轉 4501、4502

 天主教中華聖母修女會醫療財團法人天主教聖馬爾定醫院 關心您
2021 年 10 月修訂