

傷口照顧 Wound Care

準備用品：

列印日期： 年 月 日

單位：

05-2756000 分機：

Preparation for necessary items:

無菌棉棒、無菌生理食鹽水、無菌紗布、優碘藥水或藥膏、透氣膠布。

Sterile cotton swabs, sterile normal saline, sterile gauze, iodine solution or ointment, breathable paper tape.



傷口處理步驟：

Wound Handling Steps:

1. 加壓止血：用乾淨的紗布，以手指或手掌加壓5-10 分鐘。

Press to stop bleeding: Use fingers or palm to press on a clean gauze over the wound for 5-10 minutes.

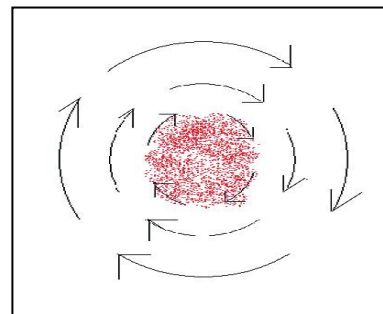
2. 用品準備：看護者洗手、準備傷口處理用物，並戴上手套。

Prepare use items: The caregiver should wash hands first, and then prepare items required for handling the wound, and also wear gloves.

3. 清潔傷口：以無菌生理食鹽水及無菌棉棒（或紗布）沖洗傷口，去除髒污及血漬。

Clean the wound: Wash the wound using sterile normal saline and sterile cotton swabs (or gauze) to remove dirt and bloodstains.

4. 傷口處理：以無菌棉棒沾優碘藥水，從傷口中央向外環狀消毒（不可來回擦拭），約30 秒後以無菌棉棒沾生理食鹽水將優碘擦拭乾淨。



Wound care: Dip a sterile cotton swab into the iodine solution and then disinfect from the wound center to the outer ring around the wound in a circular motion (do not wipe back and forth); 30 seconds later, dip a cotton swab into the normal saline solution to wipe clean with iodine solution.

5. 傷口包紮：蓋上敷料，貼上透氣膠布。

Bind up the wound: Apply wound dressing over the wound and then stick the breathable paper tape on.



注意： Notes:

換藥時應輕柔，傷口上的敷料可先沖濕後再緩慢撕下；傷口邊緣的膠帶，可抹乳液或嬰兒油再行移除，避免增加被看護人疼痛感及二次傷害，同時也可展現看護工作者的細心。

The caregiver should be gentle when changing or dressing of the wound, and the dressing can be damped first and then slowly removed. Lotion or baby oil can be applied to tapes on the edge of the wound to avoid pain and further injury of the patient, hence this shows the attentive care of the caregiver.

主辦單位：臺北市勞動力重建運用處

承辦單位：中華民國家庭照顧者關懷總會

Organized by: Taipei City Foreign and Disabled Labor Office

Sponsored by: Taiwan Association of Family Caregivers

參考資料：

北市勞動力重建運用處(2017).臺北市外籍看護照顧手冊引自：

https://fd.gov.taipei/News_Content.aspx?n=67945D18DB76BA5D&sms=973FD07C716974AB&s=6B2018866462E18F