

呼吸放鬆技巧護理指導(拉梅茲生產法呼吸技巧)

Breathing Relaxation Technique for Nursing Instructions (Lamaze Breathing Techniques for Labor)

呼吸放鬆技巧原則

Principles of Breathing Relaxation Techniques

- 1.採任何姿勢均可，以舒適為原則。
 - 2.練習之前先小解。
 - 3.練習時間最好選在晚餐後 2 小時或沐浴後，此時身心較放鬆，練習效果佳。
 - 4.身體完全放鬆，眼睛注視於一個固定點，集中注意力。
 - 5.任何一種呼吸法前後均做一次廓清式呼吸（深呼吸）。
 - 6.請陪產者發號司令「子宮收縮開始」及「子宮收縮結束」。
1. Take any position as comfortable as possible.
 2. Urinate before practice.
 3. Practice in 2 hours after dinner or after bathing as the body is more relaxed for a better practice effect.
 4. Totally relax the body and have the eyes focused on one fixed point to concentrate.
 5. Do one cleansing breath (deep breath) before and after any one breathing technique.
 6. As the company to announce “start contraction” and “stop contraction.”

【廓清式呼吸】

Cleansing breath

運用時機：每種呼吸法的開始與結束。

方法：廓清式呼吸是一種舒服且不費力的呼吸方法，類似歎息聲，由鼻子吸氣再由嘴巴吐氣，吸入輕鬆愉快的感覺，再將負向、不愉快的感覺與情緒由嘴巴吐出。

呼吸技巧：呼吸的深度以身體覺得舒服為原則，準媽媽拋開心中的焦慮與擔心，專心的呼吸，使心靈呈現寧靜的狀態。

Applicable time: **The start and stop of every breathing method.**

Method: Cleansing breath is a comfortable and effortless breathing method that is similar to signing. Maternal woman can inhale through the nose and exhale through the

mouth. Breath in the relaxing and pleasant feeling and then exhale out the negative and unpleasant feeling and emotion from the mouth.

Breathing techniques: the depth of breath depends on body comfort. Mothers to be should put away the anxiety and worry in mind to focus on breathing so the mind appears in a tranquil state.

【慢速呼吸法】

Slow Breathing

適用時機：子宮約 5-20 分鐘收縮一次，每次持續 30-60 秒，子宮頸開口 $4 < \text{cm}$ 。

Applicable time: when uterine contracts once in every 5-20 minutes and each contraction lasts for 30-60 seconds, cervix $< 4\text{cm}$.

呼吸技巧：子宮收縮開始時，產婦由鼻子吸氣，嘴巴向吹蠟燭一樣慢慢吐氣，直到子宮收縮結束。

Breathing techniques: when contraction starts, maternal woman **inhales through the nose and the mouth exhales slowly like blowing a candle**, until contraction stops.

口令：

1. 子宮收縮開始
2. 廓清式呼吸
3. 吸二、三，吐二、三、四（重複 7-8 次）
4. 廓清式呼吸
5. 子宮收縮結束

Command:

1. Contraction starts
2. Cleansing breath.
3. Inhale 2, 3, exhale 2, 3, 4 (repeat 7-8 times).
4. Cleansing breath.
5. Contraction stops.



【調節式呼吸法】

Variations of slow and light breathing

適用時機：子宮約 3-5 分鐘收縮一次，每次持續 45-60 秒，子宮頸開口 4-7 cm。

Applicable time: when uterine contracts once in every 3-5 minutes and each contraction lasts for 45-60 seconds, **cervix > 4-7cm**.

呼吸技巧：子宮收縮開始時，產婦由鼻子吸氣，吐氣時發出『嘻』之氣音，鼻子再吸氣，吐氣時發出『呼』之氣音，直到子宮收縮結束。

Breathing techniques: when contraction starts, **maternal woman inhales through the nose and exhales with “Hee” sound, then inhale through the nose again to exhale with the “Who” sound, until contraction stops.**

口令：

Command:

1. 子宮收縮開始
1. Contraction starts.
2. 廓清式呼吸
2. Cleansing breath.
3. 吸二、三，「嘻」二、三
3. Inhale 2, 3, “He” 2, 3
4. 吸二、三，「呼」二、三
4. Inhale 2, 3, “Who,” 2, 3
5. 廓清式呼吸
5. Cleansing breath.
6. 子宮收縮結束
6. Contraction stops.



【節律式呼吸法】

Hee-Hee-Who Technique

適用時機：子宮約 2-3 分鐘收縮一次，每次持續 60-90 秒，子宮頸開口 >7 cm

Applicable time: when uterine contracts once in every 2-3 minutes and each contraction lasts for 60-90 seconds, **cervix > 7cm**.

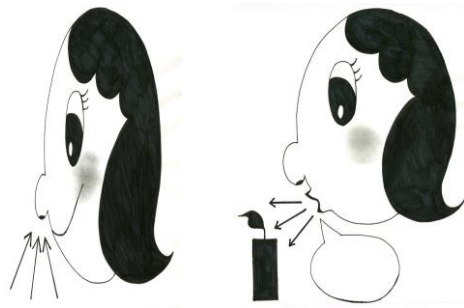
呼吸技巧：子宮收縮開始時，產婦由鼻子吸氣，吐氣時發出「嘻、嘻、呼」之氣音，直到子宮收縮結束

Breathing techniques: when contraction starts, maternal woman **inhales through the nose and exhales with “Hee-Hee-Who”** sound until contraction stops.

口令：

Command:

- 1.子宮收縮開始
1. Contraction starts.
- 2.廓清式呼吸
2. Cleansing breath
- 3.吸，嘻⇒嘻⇒呼（重複）
3. Inhale, Hee-Hee-Who(Repeat)
- 4.廓清式呼吸
4. Cleansing breath
- 5.子宮收縮結束
5. Contraction stops




參考資料：

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曾英芬(2000) · 分娩與生產過程之護理支持 - 比較待產婦與護理人員的知覺 · 護理研究, 8(4), 470-482。

若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉產房分機 4601、4602
婦產科衛教室分機 5403

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2017年05月修訂