

口腔護理清潔方法(英文版)

Cleaning Method for Oral Care

一、目的：

I. Purpose:

口腔的清潔，可預防細菌在口腔內繁殖導致口腔潰瘍的發生、而產生異味及惡臭，為了避免人際溝通障礙，自尊及身體心像受損或社交隔離；應適時保持口腔之清潔、潮濕及舒適。

Oral cleaning aims to prevent bacterial breeding inside oral cavity that leads to oral ulcer, odor and stench. To avoid barrier in interpersonal communication, damaged prestige or physical and mental image, or social isolation, oral cleaning, moist and comfort becomes particularly important.

二、用物及設備：

II. Items and Equipment:

口腔清潔溶液（如 0.9%生理食鹽水、茶葉水、養樂多、鳳梨汁等，此可依病人喜好而定）、手電筒、壓舌板、手套、海綿牙刷、20G IC 軟管、10 cc空針、杯子 2 個、彎盆（或小臉盆）、吸唾器、抽吸錶、衛生紙或毛巾、布中單。Oral cleaning solution (i.e. 0.9% saline solution, tea water, yakult, and pineapple juice etc., depending on the patient's preference), flashlight, spatula, gloves, sponge toothbrush, 20GIC soft tube, 10cc syringe, 2 cups, kidney basin (or small bowl), suction unit, drawing instrument, paper tissue or towel, linen fabric.

三、口腔清潔順序：

III. Mouth Cleaning Procedures

- 1、將病床調整之適當高度，協助病人採半坐臥姿勢或頭側向家屬之舒適臥位。將布中單(或大毛巾)鋪於病人枕上、胸前及頷下，以保護枕頭、被蓋及衣服被漱口水弄濕。
1. Adjust the sickbed with proper height to assist the patient with semi-sitting and resting position, or have the head leaned toward the comfortable rest position of the family. Place the linen fabric (or towel) on the patient's pillow, chest and under the chin to protect the pillow, blanket and clothes from dampening by mouthwash.
- 2、將深彎盆小彎處（或小臉盆）貼近病人面頰，以便病人吐出漱口水。
2. Put a kidney basin (or small bowl) close to the patient's cheek for the patient to spit out the mouthwash.

- 3、帶上手套，一手持壓舌板中部，末端由病人口腔之側面輕輕伸入，分開上下排牙齒、撥開內頰，並檢查口腔黏膜狀況；若光線不足時，可用手電筒照射口腔以便進行評估。
3. Put on the gloves and press the center of spatula with one hand. Gently put the spatula from the side of the patient's oral cavity, separate the upper and lower teeth, move aside the buccal and check oral mucosa. In case of insufficient lighting, use the flashlight to light up the oral cavity for evaluation.
- 4、可依病人口腔評估之結果或讓病人選擇所喜好口味之口腔清潔溶液，進行口腔清潔或漱口用。
4. Use the oral cleaning solution, based on the result of patient oral evaluation or the flavor which the patient prefers and chooses, for oral cleaning or mouthwash.
- 5、意識清楚之病人，可先以吸管吸病人所選喜好之口腔清潔溶液，先潤濕口腔。
5. Conscious patients can choose the oral cleaning solution preferred by the patient to moist the mouth first.
- 6、意識不清楚之病人，以 10 cc 空針接 20G IC 軟管，抽取口腔清潔溶液，由臉頰與牙齒間緩緩注入，需預防嗆咳；必要時可以吸唾器接抽吸錶，抽取注射入之口腔清潔液，吸唾器放置位置為口腔較下方位置，抽吸錶壓力需採持續性進行抽吸。
6. Unconscious patients can use a 10cc syringe with 20GIC soft tube to draw oral cleaning solution and inject slowly between the cheek and the teeth as precaution for choking prevention. Use the suction unit to connect with suction instrument when necessary to draw the oral cleaning solution for injection. The suction unit should be placed the lower position of the mouth while the drawing instrument shall be applied with consistent pressure for suction.
- 7、另一手持海綿牙刷沾口腔清潔溶液後，需為擰乾，才可放入口腔中，以避免嗆到；海綿牙刷以 45° 角，由牙齦向牙冠刷，每次只刷 2~3 顆牙齒，至少刷 10 下。
7. The other hand holds the sponge toothbrush with oral cleaning solution and squeeze it before putting back to the mouth to avoid choking: **Tilt the sponge toothbrush in 45° angle, brush from the gingivae toward the dental crown. Brush 2~3 teeth at a time for at least 10 times.**
- 8、清潔口腔及牙齒各部位，依序為：牙齒內面→外面→咀嚼面→牙齦→口腔內頰→上顎→下顎→舌頭）。

8. Clean the mouth and teeth in the order of: Inner surface of teeth→ Outside →Chewing side→ gingivae→ buccal →Upper jaw→ lower jaw→ tongue).

9、每一次清潔完後，均需將海棉牙刷清潔乾淨後，才可在放入病人口中再進行清潔動作。

9. After each cleaning, clean the sponge toothbrush before putting it back to the patient's mouth for re-cleaning.

10、口腔清潔完畢後，以毛巾或衛生紙等擦拭口腔四周，並以棉棒沾潤滑劑，濕潤嘴唇。

10. After cleaning the mouth, use towel or tissue paper to wipe around the mouth and use the cotton swabs with lubricant to moisturize the lips.

11、若口腔黏膜有潰瘍、紅斑時，建議使用中性的漱口水，如：

(1)0.9%生理食鹽水。

(2)1/4 茶匙食用鹽+25cc 煮沸過之開水。

11. In case of ulcer and erythema in oral mucosa, use neutral mouthwash such as:

(1)0.9% saline solution.

(2)1/4 teaspoon of salt and +25cc of drinking water that has been boiled.

12、若舌苔等較髒的口腔粘膜，建議可用 1/4 茶匙食用鹽+1/4 茶匙小蘇打粉+25cc 煮沸過之開水。

12. For oral mucosa such as coating on the tongue with more bacteria, it is suggested to use ¼ teaspoon of salt + ¼ tea spoon of baking soda + 25cc of drinking water that has been boiled.

13、漱口頻率：一天 4 次，每次漱口一分鐘，每次漱口水約 15cc，漱口至少含 30 秒後再吐掉。


13. Gargle Frequency: Four times a day and after eating. Gargle 15cc of mouthwash for one minute. Gargle for at least 30 seconds before spitting it out.

參考資料：

周繡玲、謝嘉芬、李佳諭、江孟冠、紀雯真(2013)·癌症病人口腔黏膜炎臨床照護指引(第二版)·腫瘤護理雜誌，13，93-99。

若您想對以上的內容進一步了解，請洽諮詢各護理站之護理人員電洽 05-2756000

轉_____病房，分機：_____、_____。

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

2017年05月修訂