

會陰沖洗及尿管清潔

Perineum Washing and Urinary Catheter Cleaning

列印日期： 年 月 日

單位：

05-2756000 分機：

目的：Purpose:

加強清潔外陰部及消毒導尿管，減少異味，增加舒適感、預防感染。

To strengthen genitals cleaning and catheter disinfection in order to reduce odor, increase comfort and prevent infection.

用物準備：

Preparation for necessary items:

沖洗棉棒、消毒棉棒、沖洗壺、透氣紙膠、生理食鹽水、優碘、衛生紙、手套、男性被看護人則需準備肥皂及毛巾。

Rinse cotton swabs, sterile cotton swabs, a rinse pot, breathable paper tape, saline solution, iodine, toilet paper, gloves; soap and towels are required for the male cared-for

清潔步驟：Cleaning Steps:

女性會陰清潔

Perineum Cleaning for Females

1. 協助被看護人抬高臀部，放置橡皮中單於其腰臀以下部位。

Assist the patient/ward to raise hips, and place a rubber sheet beneath the area from waist to hips.

2. 協助被看護人脫去健側之褲管，將脫下之褲子拉向另一側並支撐被看護人患側。

Assist the patient to take off the trouser leg on the healthy side, and pull the trouser leg to the other side and use it to support the affected side.

3. 放置便盆於被看護人腰臀以下部位或使用看護墊，亦可直接在尿布上清洗。

Place a bedpan beneath the area from waist to hips or use an under pad, or cleaning can be directly performed on a diaper.

4. 將被看護人頭頸部墊高，健側膝略彎曲。

Elevate the head and neck and slightly bend the knee of the healthy side.

5. 觀察、記錄被看護人會陰部分泌物之量、顏色以及氣味。

Observe and record amount, color and odor of the perineal discharge of the patient.

6. 正確打開沖洗棉枝包：經由沖洗棉枝末端處，將沖洗棉枝包打開或直接戴手套清洗，

建議可用紙巾或嬰兒洗臉的小方巾，會比較舒服。

Properly open the package of rinse cotton stick: The package can be opened through the end of the rinse cotton stick, or the caregiver can directly wear gloves to do the cleaning. It is recommended to use paper towels or baby washcloths for the cleaning, so as to make the patient more comfortable.

7. 以沖洗壺或小可愛進行沖洗，壺嘴朝向床尾：若使用沖洗棉枝，依序清洗：尿道口→遠側小陰唇→近側小陰唇→遠側大陰唇→近側大陰唇。若沒有用棉枝，請記得：由上到下及由內到外的原則。

Use a rinse pot or the little cute rinse bottle for cleaning, and make the spout face the bed end: Washing sequence if using rinse cotton sticks: urethral meatus → distal labia minora → proximal labia minora → distal labia majora → proximal labia majora. If not using cotton sticks, don't forget to wash from top to bottom, and from inside to outside.

8. 使用另外沖洗棉枝依序輕輕擦乾小陰唇→大陰唇→會陰部周圍。

Use another rinse cotton stick to dry in sequence: the labia monora → labia majora → areas around the perineum.

9. 移去便盆或看護墊並擦乾臀部，衛生紙由被看護人會陰部往臀部擦拭，不得來回反覆擦拭。

Remove the bedpan or the under pad and dry hips; wipe the area from the perineum to the hips in an outward direction with toilet paper; do not wipe the area back and forth repeatedly.

男性會陰清潔

Perineum Cleaning for Males

1. 協助被看護人抬高臀部，放置橡皮中單於被看護人腰臀以下部位。

Assist the patient/ward to raise hips, and place a rubber sheet beneath the area from waist to hips.

2. 協助被看護人脫去健側之褲管，將脫下之褲子拉向另一側並支撐被看護人患側。

Assist the patient to take off the trouser leg on the normal side, and pull the trouser leg to the other side and use it to support the affected side.

3. 放置便盆於被看護人腰臀以下部位或使用看護墊，亦可直接在尿布上清洗。

Place a bedpan beneath the area from waist to hips or use an under pad, or cleaning

can be directly performed on a diaper.

4. 將被看護人頭頸部墊高，健側膝略彎曲。

Elevate the head and neck of the cared-for, and slightly bend the knee of the normal side.

5. 觀察、記錄被看護人會陰部分泌物之量、顏色以及氣味。

Observe and record amount, color and odor of the perennial discharge of the patient.

6. 戴上清潔手套，正確打開棉枝包，由棉枝末端處將沖洗棉枝包打開，棉枝以沖洗壺沾溼再抹香皂。

Wear clean gloves and properly open the package of cotton stick through the end of the package; damp the cotton stick in the rinse pot and then lather the cotton stick.

7. 一手握住陰莖，做出包皮往後推的動作並口述，露出龜頭，龜頭以棉枝清洗。

Grasp the shaft of the penis with one hand and push the foreskin backwards and make an oral description of it; have the glans of the penis exposed, and then wash the glans with a cotton stick.

8. 以潤溼的毛巾沾肥皂清洗陰莖、陰囊及肛門。

Lather a wet towel and wash the penis, scrotum and anus with the towel.

9. 以沖洗壺、方巾進行沖洗，直至所有部位都清潔。

Rinse the washed parts with the rinse pot and towels until all parts are completely clean.

10. 移去便盆並擦乾臀部（衛生紙由被看護人會陰部向臀部擦拭）脫除手套。

Remove the bedpan and dry hips (use toilet paper to wipe the area from the perineum to the buttocks of the patient), and then take gloves off.

尿管清潔：

Cleaning of urinary catheter:

1. 觀察尿液之量、顏色、氣味及沉澱物。

Observe amount, color, odor and sediment of the urine.

2. 輕輕拉出尿管約0.5 公分，以便清除垢物；先以優碘棉枝消毒尿道口及清潔尿管（由尿道口到尿管下方的方向並涵蓋5 公分長）→再以生理食鹽水清潔尿管；清潔尿管依由尿道口到尿管下方的方向並涵蓋5 公分長，不可殘留優碘。

Gently pull out the urinary catheter about 0.5 cm for easy removal of fouling materials; use an iodine cotton stick to disinfect the urethral meatus and then wash the catheter

(wash from the urethral meatus towards the bottom of the catheter covering about 5 cm long) → clean the urinary catheter with the saline solution; clean the catheter from the urethral meatus towards the bottom of the catheter covering about 5 cm long, and no iodine residue should be left on the catheter.

3. 更換尿管膠布的固定位置，以井字固定法，男性固定於小腹，女性固定在大腿內側。
Change the fixing location of the catheter adhesive tapes; the catheter should be fixed using the fixation method of two horizontal taping lines and two vertical taping lines with the catheter in the middle (like a tic-tac-toe grid); the catheter should be fixed in the lower abdomen for males and inner thigh for females.

4. 移動尿袋時，注意尿袋引流位置保持在膀胱以下，如需移動，需反折尿管。
Please note that the catheter drainage position should be kept below the bladder when moving the catheter. If the patient needs to move, the catheter should be bent back.

5. 尿袋開口隨時關閉，避免污染。

Opening of the urinary catheter should be closed at all times to avoid contamination.

6. 檢查尿管通暢，避免受壓扭曲。

Check whether the catheter is unobstructed to avoid twisting due to compression.

7. 觀察或報告雇主可能的異常狀況：如阻塞、滲尿、出現沉澱物、尿量過少或尿管滑脫等。

Observe or report possible abnormalities to the employer: Such as obstruction, urine leakage, occurrence of sediment, too little urine or catheter slippage.

8. 穿整衣褲，保持床單平整及乾燥。

Put on clothes, and keep bed sheet flat and dry.

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：

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