

(前外側切開式)人工髖關節置換術病人護理指導 (英文)

Nursing Guidance for Postoperative Hip Joint Replacement Patients (Anterolateral Approach)

手術後應抬高患肢20度，保持外展姿勢，因前外側切開式故不必刻意於雙腿間置放枕頭，且當麻醉清醒後即可適時運動，恢復效果會越好，因此建議進行以下運動：

After surgery, lift up the affected leg to 20 degrees and keep it extended outward. Because of the anterolateral approach used, it is unnecessary to additionally put a pillow between legs, moreover, you may perform exercises immediately after recovery from anesthesia to achieve more effective result, the following exercises are thus recommended:

一、臥床休息時 (In bedridden rest)

- (一) 至少每2個小時翻身一次，以避免壓瘡形成。翻身過程中避免髖關節內轉可於兩腿間仍須放置枕頭以維持患腳之外展。

Turnover shall be performed at least once every 2 hours to avoid pressure injury. A pillow may be put between legs to keep the affected leg extended outward during turnover to avoid internal rotation of the hip joint.

- (二) 每小時至少作深呼吸及咳嗽動作4次，以避免痰液沉積，造成肺炎。

Perform deep breath and cough at least 4 times every hour to avoid cumulative sputum resulting in pneumonia.

- (三) 增加水份及纖維食物之攝取，以避免發生泌尿道感染或便秘。

Increase the ingestion of water and high-fiber food to prevent episodes of cystitis or constipation.


- (四) 觀察患肢顏色、溫度、活動度，注意血液循環。

Observe color, temperature and movement of the affected leg, noticing blood circulation.

二、復健運動 (Rehabilitation exercises)

請依照醫師指示下進行下列運動，以防肌肉萎縮及關節僵化。

Please perform the following exercises complying with the physician's instruction to prevent muscular dystrophy and joint stiffness.

復健運動 (Rehabilitation Exercise)	圖解 (Legend)
<p>(一) 大腿肌肉收縮運動：</p> <p>Thigh muscles contraction exercise:</p> <p>在平躺情況下，緊縮患肢大腿肌肉後，將膝蓋下壓，足跟緊貼床面維持5秒後再完全放鬆，重覆動作。</p> <p>Lie on your back with tightened thigh muscles of the affected leg, pressing down the knee with ankle closely touching the bed surface for 5 seconds, then completely relaxing, repeating the movement.</p>	 <p>膝蓋下壓，足跟緊貼床面 Press down the knee with ankle closely touching the bed</p>
<p>(二) 腳掌下壓上屈及旋轉動作：</p> <p>Foot pushed down, flexed up and rotation:</p> <p>將腳掌下壓5秒，上屈5秒及左右旋轉踝關節一次，重覆動作。</p> <p>Push your foot down for 5 seconds, flexing up for 5 seconds with left-right rotation of ankle joint once, repeating the movement.</p>	 <p>腳掌下壓上屈 Foot pushed down and flexed up.</p>
<p>(三) 抬臀運動：</p> <p>Hip lift exercise:</p> <p>利用您的健側腿彎曲踩床，緩慢的將身體撐起3秒鐘後再緩慢放下。</p> <p>Step on the mattress with the healthy leg bent, slowly lifting up the body for 3 seconds, then slowly lowering down.</p>	 <p>健側腿彎曲踩床，緩慢的將身體撐起 Step on the mattress with the healthy leg bent, slowly lifting up the body.</p>
<p>(四) 直腿抬高：</p> <p>(A) Strengthened leg lifted up:</p> <p>先伸直膝蓋後作抬腿的動作，若無法抬高，另一腳可微屈膝以協助。</p> <p>First strengthen your knee before performing leg lift, if unable to lift up, you may slightly bend the other knee to help.</p>	 <p>伸直膝蓋後作抬腿 Strengthen your knee before performing leg lift.</p>

復健運動 Rehabilitation Exercise	圖解 Legend
<p>(五) 健腿的伸展運動 (行雙關節置換術者不可作此動作):</p> <p>Stretch exercise for the healthy leg (This exercise is not recommended for patients received bilateral hip joint replacement):</p> <p>平躺且患腿完全伸直的狀況下，健肢屈膝並漸靠近胸部，維持5秒鐘。</p> <p>Lie on your back with the affected leg completely strengthened, bending the knee of healthy leg to gradually close to your chest, holding for 5 seconds.</p>	 <p>健肢屈膝並漸靠近胸部 Bend the knee of healthy leg to gradually close to your chest.</p>

參考資料 Reference

- 馮容芬、王桂芸 (2017) . 肌肉骨骼系統疾病之護理 . 於劉雪娥、王桂芸、馮容芬總校訂，新編內外科護理學下冊 (五版，1555-1561 頁) . 永大。
- Hansen, S., Aaboe, J., Mechlenburg, I., Overgaard, S., & Mikkelsen, L. R. (2019). Effects of supervised exercise compared to non-supervised exercise early after total hip replacement on patient-reported function, pain, health-related quality of life and performance-based function– a systematic review and meta-analysis of randomized controlled trials. *Clinical rehabilitation*, 33(1), 13-23.

護理指導評值 (Nursing guidance evaluation)

◎是非題 (True or false)

1. () 手術後應抬高患肢 20 度，保持外展姿勢。
After surgery, it is required to lift up the affected leg at 20 degrees, keeping it extended outward.
2. () 翻身過程中避免髖關節內轉，需維持患肢外展狀態。
During turnover, avoid internal rotation of the hip joint, it is required to keep the affected leg extended outward.
3. () 每小時至少作深呼吸及咳嗽動作 4 次，以避免痰液沉積，造成肺

炎。

Perform deep breathing and cough at least 4 times every hour to avoid cumulative sputum resulting in pneumonia.

◎選擇題 (Multiple choice)

4. () 哪一個動作行雙關節置換術者不適合做？

(1)健腿的伸展運動；(2)向外張腿；(3)直腿抬高；(4)腳掌下壓上屈及旋轉動作。

Which of the following movement is not suitable to be performed by patients underwent bilateral hip joint replacement?

(1) extension exercise of the healthy leg; (2) leg extension outward; (3) straight-leg raise; (4) foot pushed down, flexed up and rotation.

5. () 每2個小時翻身一次的目的是？

(1)避免壓傷；(2)減少傷口流血；(3)避免關節僵化；(4)提高肺活量。

What is the purpose to perform turnover once every 2 hours?

(1) to avoid pressure injury; (2) reduced wound bleeding; (3) to avoid joint stiffness; (4) increased vital capacity.

6. () 哪一個不是人工髖關節置換術的復健運動？

(1)健腿的伸展運動；(2)直腿抬高；(3)深呼吸運動；(4)向外張腿。

Which of the follows is not a rehabilitation exercise for hip joint replacement?

(1) extension exercise of the healthy leg; (2) straight-leg raise; (3) deep breathing exercise; (4) leg extension outward.

(答對5-6題⇒完全了解；答對3-4題⇒部分了解；答對1-2題⇒完全不瞭解)

(Correct in 5 or 6 questions ⇒ completely understood; correct in 3 or 4 questions ⇒ partially understood; correct in 1 or 2 questions ⇒ not understood at all)

1. (O) 2. (O) 3. (O) 4. (1) 5. (1) 6. (3)