



## Chest physical therapy - tapping the care and guidance 胸腔物理治療--叩擊之護理指導

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I .Before or after a meal of 1.5 to 2 hours to do, so as to avoid vomiting and choking.

I .請在飯前或飯後 1.5~2 小時做，以免造成嘔吐而噎到。

II .Sick Children shoot sputum recoverable following position 拍痰時病童可採以下的姿勢：

i .Lying in your lap, head lowered ass elevation (see Figure A) 趴在您的腿上，頭放低屁股抬高(見圖 A)。

ii .Side in bed, the left and right stand (see Figure B) 側臥在床上，左、右翻身(見圖 B)。

iii .Lying on your shoulders. 趴在您的肩上。

III . Sign sputum palm was "dippers" Slap with the wrist Moderate strength

III. 拍痰時手掌呈"杓狀"藉由手腕扣擊，力量適中。

IV .To percussion shoot sick children sputum chest and back, the direction from bottom to top, from the side to the middle tapping (with as lung direction to the heart-shaped sticks end to center).

IV. 拍痰時叩擊病童的胸部及背部，方向由下往上、由旁邊往中間叩擊(呈向心狀方向肺枝末端往中心點)。

V . Do not knock the heart beat sputum for Sick Children, abdomen, spine, wound, lower back (kidneys) and other parts.

V. 拍痰時請勿叩擊病童的心臟、腹部、脊椎、傷口、下背部(腎臟)等部位。

VI . Each time tapping around the left and right sides of each 5-10 minutes, every 2-3 hours tapping once.

VI. 每次叩擊約左、右兩邊各 5-10 分鐘，每 2-3 小時叩擊一次。

VII . Sign sputum should pay attention to the situation of sick children breathing, if

breathing difficulty or lips, nail bed when there are purple, should immediately stop shooting sputum.

VII. 拍痰時應隨時注意病童的呼吸狀況，若有呼吸困難或有嘴唇、指甲床有發紫現象時，應立即停止拍痰。



圖 A

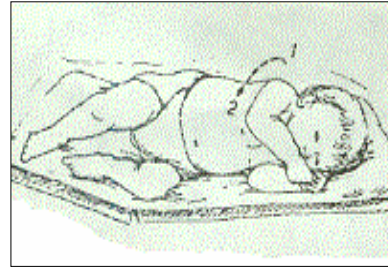


圖 B

**May God Bless You**