國立花蓮特殊教育學校109學年度第2學期

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| 領域 | 健康與護理 | 主題 | 居家傷口照護 |
| 姓名 |  | 班級 |  |

**一、請選出正確的答案填入空格中**

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| A 冰敷 | B 洗手 | C 重複 | D 關節 |
| E 熱敷 | F 換藥 | G 醫院 | H 生理食鹽水 |

1.傷口如果一直無法止血的話，應該要馬上到 。



2.腳扭傷了，應該要先 然後再

。

3.受方的部位如果在關節處，應該要減少

的活動。

4.換藥之前和換藥之後，都要記得 。

5.傷口要定期 ，並且保持乾燥。

6.換藥使用的棉花棒，不可 使用。

7.清潔傷口，先使用 。

二、換藥步驟

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| 1.準備藥膏、生理食鹽水、棉花棒、紗布、透氣膠帶。 | 2.換藥前，請先洗手並擦乾。 |
|  | http://1.bp.blogspot.com/-W3NYnoyhZgo/UZJGou6nMvI/AAAAAAAAPLo/cWkhLmncjrw/s1600/R0027453.JPG |
| 3.將傷口上髒的紗布取下，並觀察傷口的分泌物之色、量、味。 | 4.以棉花棒沾濕生理食鹽水，將傷口的分泌物從中心以環狀方式由內往外清潔。 |
| http://1.bp.blogspot.com/-W3NYnoyhZgo/UZJGou6nMvI/AAAAAAAAPLo/cWkhLmncjrw/s1600/R0027453.JPG |  |
| 5.清潔完後再用一枝棉花棒沾取藥膏，從中心以環狀方式由內往外擦至傷口周圍。 | 6.將紗布整個覆蓋住傷口，再以透氣膠帶以井字形固定紗布周圍。 |
|  | 7.完成換藥，整理用物並洗手。 |

國立花蓮特殊教育學校109學年第二學期

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| 領域 | | 健康與護理 | | | | | | |
| 姓名 | |  | | | 班級 |  | | |
| 居 | 家 | | 傷 | 口 | 照 | 護 | 換 | 藥 |
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國立花蓮特殊教育學校109學年第二學期

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| 領域 | | 健康與護理 | | | | | | |
| 姓名 | |  | | | 班級 |  | | |
| 生 | 理 | | 食 | 鹽 | 水 | 棉 | 花 | 棒 |
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| 領域 | | 健康與護理 | | | | | | |
| 姓名 | |  | | | 班級 |  | | |
| 紅 | 腫 | | 熱 | 痛 | 止 | 血 | 拆 | 線 |
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