



血液透析病人動靜脈瘻管之照護（英文） Patients with hemodialysis care of venous fistula

一、何謂動靜脈瘻管

係指將一條動脈血管及一條靜脈血管開刀接合，使動脈血不斷衝向靜脈，讓血管膨脹，以足夠每分鐘由洗腎機抽出 200ml-350ml 血液，進行血液透析，瘻管功能的好壞，直接影響透析品質，因此，動靜脈瘻管是血液透析患者的第二生命，必須細心呵護，以減少阻塞及感染發生。

Arteriovenous Fistula: refers to an artery or vein engaging toward the arterial vein, which creates blood vessels to expand. In order for the process to maintain high quality, 200ml-350ml of blood per minute be taken. Arteriovenous Fistula in hemodialysis patients is crucial. It must be carefully adhered in order to reduce congestion and infection.

二、開刀後之瘻管照護

Fistula care after the surgery

(一) 經醫生評估，確定進行瘻管手術肢體，請勿量血壓、抽血打針，保持清潔乾淨。

Assessment by a doctor will decide to perform fistula surgery, do blood pressure treatment, and take blood injections.

(二) 手術後若有腫脹情形，可以軟墊支托，以減緩肢端腫脹。

If swelling increases after surgery, administer cushion support to slow the swelling.

(三) 手術敷料勿包紮過緊，敷料外觀宜保持清潔乾燥，如有滲出物請更換。

Do not bandage the area too tightly with surgical dressings. Dressing exterior should be kept clean, and dry. If exudate, replace it.

(四) 開刀 24 小時後，若無出血現象，可開始做握球運動，以促進瘻管血流。

24 hours after surgery, if bleeding is nonexistent, patient can exercise with ball to promote fistula blood flow.



(五)自體瘻管約 6-8 週可以開始使用，人工瘻管一般在術後 3-6 週可以開使用，但仍須視瘻管狀況決定。

The autologous fistula can be used for about 6-8 weeks. The artificial fistula can be used normally 3-6 weeks after surgery, but it still depends on the condition of the fistula.

如何促進瘻管功能

How to promote Fistula function

(一) 握球運動：用手掌的力量將球壓扁，停 3-5 秒再放開，重複此動作每次 15-20 分鐘，每日至少 3-4 次，以促進血管動脈化，若血管細或較無力者，可由他人協助在上臂幫忙加壓。

Perorm ball movement: using the power of the palm flattened ball, stop 3-5 seconds and then release, repeat this action every 15-20 minutes, at least 3-4 times a day, in order to help the arteries, fine blood vessels.

(二) 甩手運動：手臂抬起、拳頭握緊、往身體方向邊甩邊轉動，持續此動作每次 15-20 分鐘，每日至少 3-4 次，可緩解握球造成之手臂痠痛。

Walk-up exercise: arm up, fist clenched, thrown to the side while rotating the direction of the body. Continue action every 15-20 minutes, 3-4 times a day at least. This can relieve the pain.

(三) 舉保特瓶：手握內裝 1500ml 容量液體保特瓶，手臂下垂、前後搖擺或上下舉動，每次 15-20 分鐘，每日至少 3-4 次，應視個人身體狀況而定。(註：以上動作須等透析 24 小時後才可做，以防用力造成出血)。

For paute bottle: 1500ml capacity liquid contents insurance holding bottles, drooping arms, rocking back and forth or up and down move, every 15-20 minutes, at least 3-4 times a day, depending on the individual physical condition should be . (Note: The above actions have to wait 24 hours to do dialysis to prevent forced cause bleeding)

(四) 熱敷：盆中裝溫水，溫度以近洗澡水為宜，毛巾扭成半乾，攤開置於瘻



管上，或熱水袋裝溫水置於瘻管上，每次 15-20 分、每天 3-4 次。此動作需等透析 24 小時後及手術傷口癒合才可做，以防出血。

heat: pot fitted warm water, bath water temperature nearly appropriate, towel twisted into a semi-dry, spread placed on fistula, or a hot water bottle placed on the heated loaded fistula, every 15-20 minutes, 3 per day -4 times. This action must be done 24 hours after the dialysis and surgery, to prevent bleeding.

四、如何預防瘻管感染

How to prevent fistula infection

(一) 保持良好個人衛生，在扎針前務必以肥皂或 75% 酒精清洗瘻管表面皮膚，以避免透析時細菌經由瘻管表面皮膚進入瘻管。

Maintain good personal hygiene. Before acupuncture, use treatment soap or 75% alcohol to clean the surface of the skin fistula. This will prevent bacteria from entering dialysis fistula via the skin surface.

(二) 保持皮膚完整，避免抓傷、有破損時使用優碘擦拭，並保持傷口乾燥。

Keep the skin intact, avoid scratches, and use Betadine to clean and keep the wound dry.

(三) 若瘻管周圍皮膚有紅腫熱痛情形，可能是發炎、感染的徵象，勿任意塗抹藥物，應立即就醫。

If the skin around the fistula becomes painful with swelling from infection, do not apply any medication. Seek medical treatment.

(四) 透析後應保持扎針處乾燥，加壓止血後，經 12-24 小時再將覆蓋紗布取下。

When performing acupuncture treatment at dialysis, use pressure to stop bleeding. After 12-24 hours, covered gauze can be removed.

(五) 如果因打不上針或血管穿破，形成皮下血腫時，當天應使用冷敷防止出血，若無繼續出血，24 小時後再改熱敷，以促進循環及消腫。



If there is no vascular puncture, hematoma formation can be administered. This should be used to prevent bleeding. If bleeding continues after 24 hours, change heat to promote circulation and swelling.

(六) 收針回家後，勿自行移除針孔結痂，若有針孔再度出血或滲血時，先壓迫止血 10 分鐘以上，再以優碘消毒，重新覆蓋紗布或 OK 繃。

After narrowing, do not remove their own pinhole scab, if pinholes start re-bleeding or oozing for the first 10 minutes, then use Betadine as a disinfection. Then re-cover with gauze.

(七) 維持適當營養。

Maintenance of proper nutrition.

五、如何預防瘻管栓塞

How to prevent fistula embolization Keep the skin intact, avoid scratches, and use Betadine to clean and keep the wound dry.

(一) 每日自我檢查瘻管功能至少三次，以手輕觸瘻管是否有觸電般之震顫感，若為人工瘻管可以聽診器聽是否有沙沙血流聲。

A daily self-examination for at least three functional fistula. When doing fistula, there will be an electric shock when touched. If artificial fistula, use a stethoscope to listen if there is blood rustling sound.

(二) 瘻管肢體禁提重物，量血壓、抽血打針、穿過緊的衣服、睡覺時當枕頭、戴手錶及手鐲等飾物，而影響瘻管血流。

Tight clothes, sleeping pillows, wrist watches, bracelets, and other accessories, affect blood flow during fistula.

(三) 兩次透析間勿體重增加過多，以預防低血壓，進而導致瘻管血流不足。

dialysis twice not to excessive weight gain. In order to prevent low blood pressure,

(四) 避免抽菸，因尼古丁會造成血管收縮。

Avoid smoking, Yinniguding causes vasoconstriction.



(五) 避免透析後過度加壓止血，止血帶應於透析後 30 分鐘後移除。

Avoid excessive pressure to stop bleeding after dialysis, dialysis tourniquet should be removed after 30 minutes.

六、阻塞前兆

Blocking precursor

(一) 用手觸摸不到血流脈動，以聽診器聽診，血流聲較小聲或聽不到，遠側肢體出現水腫，皮膚顏色改變，手部冰冷、蒼白、感覺異常請立即就醫。

If low blood flow pulsation, use auscultation with a stethoscope. When doing Distal limb edema, if the skin color changes, hands are cold, skin is pale, or paresthesia, consult a doctor immediately.

(二) 透析中靜脈壓力過高，扎針時瘻管抽出血條或血塊、動脈端血流不足抽不順，返家後穿刺處不易止血，如有上述情況發生，護理人員將為您聯絡心臟血管外科門診。

If When Dialysis venous pressure is too high from acupuncture treatment, or if there are fistula clots, inadequate pumping of arteries after returning home. The nursing staff will contact you Cardiovascular Surgery clinic.

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Nursing guidance evaluation:

Right or wrong

1. () The autologous fistula can be used for about 6-8 weeks. The artificial fistula can usually be used 3-6 weeks after surgery, but it still depends on the condition of the fistula.
2. () After dialysis, the needle should be kept dry, and after pressure to stop bleeding, the covering gauze should be removed after 24 hours.
3. () The limbs are forbidden to lift heavy objects, blood pressure, blood injections, tight clothes, pillows when sleeping, watches and bracelets, etc., which affect the blood flow of the fistula.

Multiple choice questions

4. () How to prevent fistula infection (1) Maintain good personal hygiene (2) Keep skin intact and avoid scratching (3) If there is redness, heat and pain in the skin around the fistula, it may be a sign of inflammation and infection. If you apply the medicine, you should seek medical attention immediately (4).
5. () How to promote fistula function (1) grip ball movement (2) pickpocket movement (3) hot compress (4) above.
6. () How to prevent fistula embolization (1) Daily self-examination of fistula function at least three times, to gently touch the fistula with electric shock like

tremor, if the artificial fistula can be stethoscope to hear whether there is rustling blood flow (2) The limbs are forbidden to lift heavy objects, blood pressure, blood injection, tight clothes, pillows when sleeping, wearing watches and bracelets, etc., which affect the blood flow of the fistula (3) to avoid smoking, because of nicotine Will cause vasoconstriction (4) above.

(After answering 5-6 questions, I fully understand; answering 3-4 questions in part); answering 1-2 questions completely unknown)

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

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