



認識乾體重

Knowing about dry weight

一、何謂乾體重？

1. What is dry weight?

乾體重是指經由血液透析治療移除體內多餘水份後所達到的體重，又稱血液透析病人的理想體重。需注意乾體重必須隨身體狀況及胖瘦做調整，並非固定不變。當食慾好、睡眠充足時，乾體重會增加；而當出現感冒或身體不適、食慾差、腹瀉等症狀時，乾體重會變輕。因此，每次透析返家後有任何不適的症狀，請您須於下次透析前主動告知醫護人員，以便作為調整乾體重的參考，達到良好透析品質。

Dry weight refers to the weight achieved after removing excess water from the body via hemodialysis treatment, also known as the ideal weight of hemodialysis patients. Paying attention to dry weight must be adjusted with physical condition, fat, thin, and not fixed. When the appetite is good and the sleep is sufficient, the dry weight will increase. When there is a cold or discomfort, poor appetite, diarrhea and other symptoms, the dry weight will become lighter. Therefore, if there is any discomfort after each dialysis returns home, please inform the medical staff before the next dialysis, in order to serve as a reference for adjusting dry weight and achieve good dialysis quality.

二、如何評估適當乾體重？

2. How to assess proper dry weight?

血液透析病人水份平衡的維持著重於乾體重的評估，若設定的乾體重過高，則會出現水份累積的症狀，如：血壓升高、平躺時呼吸費力、輕微活動即呼吸喘、下肢水腫等；若設定的乾體重過低，透析中也可能因脫水量過多，而引起聲音沙啞、抽筋、耳鳴、頭暈、血壓下降，甚致休克的症狀。定時接受胸部站立的X光，觀察病人的心臟與肺部大小之比值 (C/T ratio)，來了

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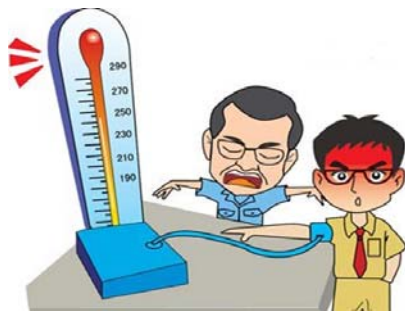


解病人有否體液過剩的現象，一般情形如果 C/T ratio 大於 0.5，則其乾體重，是不理想的，即表示其乾體重不標準。

Maintenance of water balance in hemodialysis patients focuses on dry weight assessment, If the set dry weight is too high, there will be symptoms of water accumulation, such as: high blood pressure, breathing when lying down, breathing when mild activity, lower extremity edema, etc. If the set dry weight is too low, in dialysis then too much dehydration may cause hoarseness, cramps, tinnitus, dizziness, low blood pressure, and even shock symptoms. Regularly receive chest x-rays, observe the ratio of the patient's heart to the size of the lungs (C/T ratio), to understand whether the patient has excess fluid. In general, if the C/T ratio is greater than 0.5, then its dry weight is not ideal, which means that its dry weight is not standard.

乾體重設定太高容易

Dry weight setting is too high



血壓升高

high blood pressure



下肢水腫

lower extremity edema



喘

asthma

乾體重設定太低容易

Dry weight setting is too low



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cramp

抽筋

vomit

噁心嘔吐

dizziness

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三、如何正確測量體重？

3.How to measure weight correctly?

(一) 測量體重前，先確認體重計是否歸零。

(1)Before measuring the weigh, first confirm whether the weight is zero.

(二) 較重的隨身物品，如鞋子、手機、背包（錢包）、鑰匙須先取下，以免在測量體重時增加額外的重量造成透析時脫水過多。

(2) Heavier personal belongings, such as shoes, mobile phones, backpacks (wallets), and keys, must be removed first to avoid extra weight during dialysis and excessive dehydration during dialysis.

(三) 固定幾套透析時穿的衣物並秤重，量完體重後，告知護理人員體重及衣物重量，由護理人員協助扣除衣物重量。

(3)Fix several sets of clothes worn during dialysis and weigh them. After weighing the weight, inform the caregiver about the weight and weight of the clothes. The caregiver can help deduct the weight of the clothes.

(四) 若您視力不佳，可請護理人員協助查看體重。

(4)If your eyesight is not good, ask your caregiver to help you check your weight.

(五) 每次透析前後需確實告知護理人員所測量的體重，有助醫生評估您的乾體重，切勿自行調整乾體重。

(5)Before and after each dialysis, you must tell the caregiver the measured body weight, help the doctor to assess your dry weight, and do not adjust the dry weight by yourself.

四、參考文獻

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