

## 結合安寧療護理念之居家藥事照護

陳立奇<sup>1</sup>、翁林仲<sup>2</sup>、黃勝堅<sup>2</sup>

安寧療護肯定生命的價值，重視人性關懷，是一種以病人及家屬為中心的整體照護。結合安寧療護理念之藥事照護，除確保病人用藥符合治療目標，並重人性關懷，及以病患和家屬為中心之身心靈整體照顧，對於無法治癒重症或末期的病人，提供適當的支持照護與關懷，緩解身體的不適症狀，協助病人獲得舒適且具有尊嚴的生活，增進病人及其家屬之生活品質。本院新年度公衛計畫目標將以「居家藥事照護訪視」為業務推展重點，成立跨院區居家藥事照護服務團隊，推動結合安寧療護理念之居家藥事照護訪視服務，期盼在我們所有醫療照護團隊的合作努力下，讓所有末期病患都能活的有品質、走的有尊嚴、生死兩相安。

關鍵詞：安寧療護，緩和照顧，藥事照護

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### 前 言

安寧療護重視人性關懷，是一種以病人為中心的照護理念，對於無法治癒重症或末期的病人，在其人生最後階段提供支持、照護與關懷，協助病人獲得舒適且具有尊嚴的生活，增進病人及其家屬之生活品質。安寧療護強調全人、全家、全程與全隊之四全照顧：「全人」照顧是指身、心、靈與社會的整體照顧<sup>[1]</sup>；「全家」照顧是以病患和家屬為中心，不只照顧關懷病人，更關心其家屬；「全程」照顧係指對病人照顧到臨終，也提供家屬哀傷撫慰幫助度過整個憂傷期；「全隊」照顧則是結合醫師、護理師、藥師、營養、社工、心理諮商、神職人員等跨專業人員之團隊合作，共同照顧臨終者及家屬<sup>[2-3]</sup>。

於安寧療護的照護團隊中，藥師是跨領域專業團隊中的重要成員，在安寧照護服務的經驗中，末期病人常見許多合併疾病及不適症狀，而使用不少的治療藥物或保健藥品，卻時見過度或不正確的藥物使用徒增病人的負擔，值得我們關注及協助。對於安寧療護的末期病人而言，藥師在此適當提供以病人為中心的全人藥事照護，協助合宜適切的用藥緩解其疾病末期的不適症狀，有助益於改善病人的生活品質，以達到安寧療護四全照顧的目標。

### 北市聯醫推動社區藥事照護服務 之回顧

隨著老年人口快速成長，慢性病與功能障礙的盛行率提高，長期照護病人用藥安全問題

<sup>1</sup>臺北市立聯合醫院藥劑部；<sup>2</sup>臺北市立聯合醫院總院長室

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通信作者：陳立奇，臺北市立聯合醫院藥劑部，臺北市鄭州路145號

## Home Pharmaceutical Care with the Hospice Approach

*Lih-Chi Chen, M.S., Ph.D.<sup>1</sup>, Lin-Chung Woung, M.D., DMSc.<sup>2</sup>,  
Sheng-Jean Huang, M.D.<sup>2</sup>*

Hospice palliative care affirms the value of life and emphasizes on humanistic solicitude, and is a wholistic medical care that centered on the need of patient and family. Pharmaceutical care that incorporates the concept of palliative care involves a few principles, such as ensuring that drug therapies are aligned with care plan, designing a care plan tailoring to the needs of both the patient and family, and providing a wholistic care for body, mind and spirit. For patients with incurable disease or approaching the end of life, the aims of hospice pharmaceutical care are to provide appropriate

support to relieve bodily discomfort, assist patients living with dignity and quality of life, and to improve the quality of life not only for the patient but also for the family. One of the main goals in the upcoming public health plan of our hospital is to promote home-visiting pharmaceutical care. In order to achieve this goal, a home-visiting pharmaceutical care team will be established and pharmaceutical care with palliative approach promoted. With the efforts of all members of the caring team, the end-of-life patients shall live with quality and leave with dignity.

Key words: hospice, palliative care, pharmaceutical care

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<sup>1</sup>Department of Pharmacy, Taipei City Hospital; <sup>2</sup>Superintendent Office, Taipei City Hospital

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Correspondence to: Lih-Chi Chen, Department of Pharmacy, Taipei City Hospital, No. 145, Zhengzhou Road, Datong District, Taipei 103, Taiwan