

中西醫整合醫療對於社區安寧療護實行的現況 — 病例報告

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本文藉由安寧居家團隊訪視一位肺癌末期病患，探討中西醫整合醫療對於末期病人能夠給予的協助。結果發現，尋求中醫治療的末期病人，往往對於西醫藥物有較多疑慮；或是希望從中醫尋求抗癌的可能，因此在面對末期病人，團隊需要更多的同理與溝通。於居家訪視時也發現，除了面對病人的病情之外，家屬的心理層面與後續的悲傷輔導有早期介入之必要性。中醫安寧居家療護的介入，能補強西醫的極限，除了改善末期病人病痛不適外，也可讓病人及家屬身心寬慰。藉由中西醫的整合醫療，對於推廣安寧居家療護，實有極大的幫助。

關鍵詞：中西醫整合醫療，末期病人，安寧居家
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前 言

本院區（臺北市立聯合醫院林森中醫醫院區）為北市唯一以中醫為主之中西醫整合地區醫院，多年來於社區深耕，服務民衆。而安寧療護觀念，已於近年來已逐漸推展開來。民衆瞭解醫療有其極限，選擇以人為中心的舒適醫療，其實是更適合末期病人的醫療選擇^[1]。而中醫的醫療方式，注重病人體質與辨證，更能全面提供末期病人身心所需。本文希望藉由本院結合中西醫療的精神，實際介紹走入社區推廣安寧療護的一位個案的經驗。

病例報告

個案陳女士為 54 歲的單親職業婦女，診斷是肺癌末期併多處骨轉移。第一次來本院區中醫門診就診原因為嚴重咳嗽造成輕微喘，伴隨全身疲倦與多處骨頭疼痛。陳女士本身對於原治療醫院提供的化療抗癌治療之後的副作用感到十分不適，在瞭解自己病情之後也希望選擇不再繼續化療，改由中醫提供協助，與採取症狀緩和為主的醫療方式。

由中醫轉介至安寧緩和醫療門診諮詢之後，發現陳女士本身比較排斥西藥的使用，對於原醫院開立的可待因止咳，也是咳到很不舒

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Integration of Traditional Chinese and Western Medicine for Community-based Hospice Care: A Case Report

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This article is a case report regarding the integrated traditional Chinese and western medical care for a patient with terminal lung cancer. We found that patients seeking for traditional Chinese medical care often hesitate with western medications and in some occasions inquire traditional Chinese medicine for anti-cancer therapy. Thus, we need more empathy and dialogues when facing the end stage patients. During home visits, not only should we take care

of the patients but also the whole family members. Sometimes when western medical care is limited in treating the symptoms, traditional Chinese medical care may be used in parallel to relieve pain and discomfort of the patients, as well as physical and psychological stress of the family. We conclude that integrated traditional Chinese and western medical care beneficial in promoting hospice home care.

Key words: Integrated traditional Chinese and western medicine, terminal patients, hospice home care
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