

原著

# 高齢女性の看取りの場としての特別養護老人ホーム

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## Palliative Care and Death at Special Nursing Homes for the Aged Women

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### Abstract

Palliative care prior to death for one year from April 1996 to March 1997 at 139 special nursing homes in Japan was investigated. The total elder who received the care in these nursing institutes was 9,040 and the average of their age was  $82.3 \pm 2.3$ . The average period of stay in the homes was  $5.29 \pm 4.5$  years, and the number of elder who died in the investigated period was 1,290 (14.3%), 382 men (29.6%) and 908 women (70.4%). The average of their age at death was  $85.0 \pm 7.9$  year old (male  $82.8 \pm 8.2$ , female  $86.0 \pm 7.6$ ). Because average life span is usually longer in female than in male, more than two third of the beds in these special nursing institutes are occupied by women, who were bereaved of their husbands. Accordingly, death in the nursing home is especially true desire for the most women. These are the reasons why many of elderly women had wishes to enter the homes with special nursing. The families of these elderly people also selected the special institutes for their aging parents to receive heartfelt palliative care. The families of these elderly women also selected the special nursing institutes for their aging terminal mothers, in contrast to the families of the elderly men who selected less often the special homes for their aging fathers. The final decision to select a terminal nursing care institute depends upon the type of care and support offered by her or his own family and also by the workers of the institute. For a very old-elder female, care and support by her family and from the help-workers of the home-institute are necessarily expected to be less than those for a young-old elder woman, and her wish from the heart is often unaccepted by her family, because of her mental and physical disturbances, such as aphasia, complete loss of expression of herself, dementia, or complete palsy. We, as family members or as nursing participants, have to advance our working area how to know or catch the true (heartily) desire in an old disabled client, and to offer our heartfelt care and support for her welfare. severely handicapped and elderly with communication difficulties, the relationship with the staff side is especially important. In such cases, support is needed for the psychological problems placed on the families do to changes in the family structure and the fact the aged peoples has been placed in a special nursing home. In conclusion, an important factor in an aged women's choice of death at in the special nursing home is the delivery of support. These people and their families are sensitive to the care received by professional caregivers with varies illnesses such as, senile dementia. Also, social support which enables them to have a degree of independence is important. It is also necessary to teach the techniques of self and home care in case such needs arise.

### 要約

全国特養139施設(32.7%)において、1996年4月1日～1997年3月31日の在所者中の死亡者に対する看取りの調査を行った。在所者数合計9,040人で、平均年齢は82.3歳、標準偏差は2.3歳であった。在所期間は平均5.29年で、標準偏差は4.5年であった。その内の年間死亡者は1,290人(14.3%)で、男性382人(29.6%)、女性908人(70.4%)であった。死亡時平均年齢は85.0歳、標準偏差は7.9歳(男性 $82.8 \pm 8.2$ 歳、女性 $86.0 \pm 7.6$ 歳)であった。特養での死は、男性に比べ女性が長寿であることと、配偶者と死別した女性の看取りであることが特徴である。特養での死は高齢女性の問題であるといえる。女性の方がより多く特養での死を希望している傾向があった。女性の家族は特養での看取りを男性の家族よりも多く希望していた。高齢女性が特養を死の場所と決定する要因としては、特養入所後の生活の質や家族の支援の質が影響する。後期高齢女性では、社会的支援の質や量には、前期高齢女性より少ないことと役割逆転が影響するため、死の場所の決定を家族や施設側の希望に任せざるを得ない状況になる。入所者や家族が看取りについて、疾病や寝たきりおよび痴呆症をどう受け止めるか、また施設職員の医療や看取りに対する価値観

が影響する。高齢女性本人や家族への療養指導および看取りのための準備や死の準備教育が求められる。

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