

原著

## 口唇裂, 口蓋裂児を出産した母親への産後1週間の看護ケアに関する研究

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## Research of Nursing Care for Mothers of Babies born with Cleft Lip and/or Cleft Palate during the First Week after Delivery

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### Abstract

This research was undertaken for the purpose of improving the nursing care of mothers delivered of babies with cleft lip and/or cleft palate during the first week after delivery. 145

mothers were asked to answer a questionnaire and the following results were obtained. ① Regarding the mother's first with the meeting baby, more mothers of babies born with cleft lip and cleft palate could not see their babies. The wills of the 10% of mothers of cleft lip and/or cleft palate babies were respected. Over the 60% of the mothers who could not see wanted to see them. ② Instructions on breast feeding were useless for the mothers of cleft palate babies after they had left the hospital, because the disease of cleft palate was discovered later. ③ Mothers who were given explanations within a day after delivery were highly satisfied with the way the medical staff dealt with the problem. In conclusion; We must make efforts to help mothers to see their babies for the first time as early as possible, while considering the mothers' will. Precise explanations of cleft conditions must be made at an early stage. After careful observation of the conditions of the cleft, effective instructions on breast feeding must be given. More specialized information on raising their babies must be offered than is done at present.

## 要約

口唇裂、口蓋裂児をもつ母親の産後1週間の看護ケアを開発するために、受けたケアについて回想法による質問紙調査を実施した。対象は患児の母親145人であり、裂型別に分析し以下の結果を得た。①出産直後の対面については、外表異常の激しい口唇口蓋裂群の対面が半数以下と少なく、対面時、ショックを受けた母親が多かった。しかし、対面できなかった母親の不安も強く、6割が対面を希望していた。これらの対面の選択に母親の意志が尊重されたのは1割であった。②外表異常を伴わない口蓋裂は発見が遅れ、適切な指導がないまま退院しているケースがみられた。③病状説明を1日目以内に受けた母親は医療者の対応への満足度が高く、裂型に関係なく早期に実施する必要性が認められた。以上のことから、早期療育に向けて産後1週間に行うべき看護ケアとしては、母親の意志を尊重した早期対面への支援、早期病状説明実施への支援、口蓋の異常の観察、効果的な授乳指導(Hotz床の活用)の確立、療育に関するより専門的な情報提供が重要であることが示唆された。

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