



標竿學習 學員撰寫成果分享

彰化基督教醫院
兒童醫院吳金燕專科護理師

主辦單位：衛生福利部 護理及健康照護司
承辦單位：社團法人台灣專科護理師教師學會
協辦單位：慈濟大學 護理系

成果發表會

112年04月14日

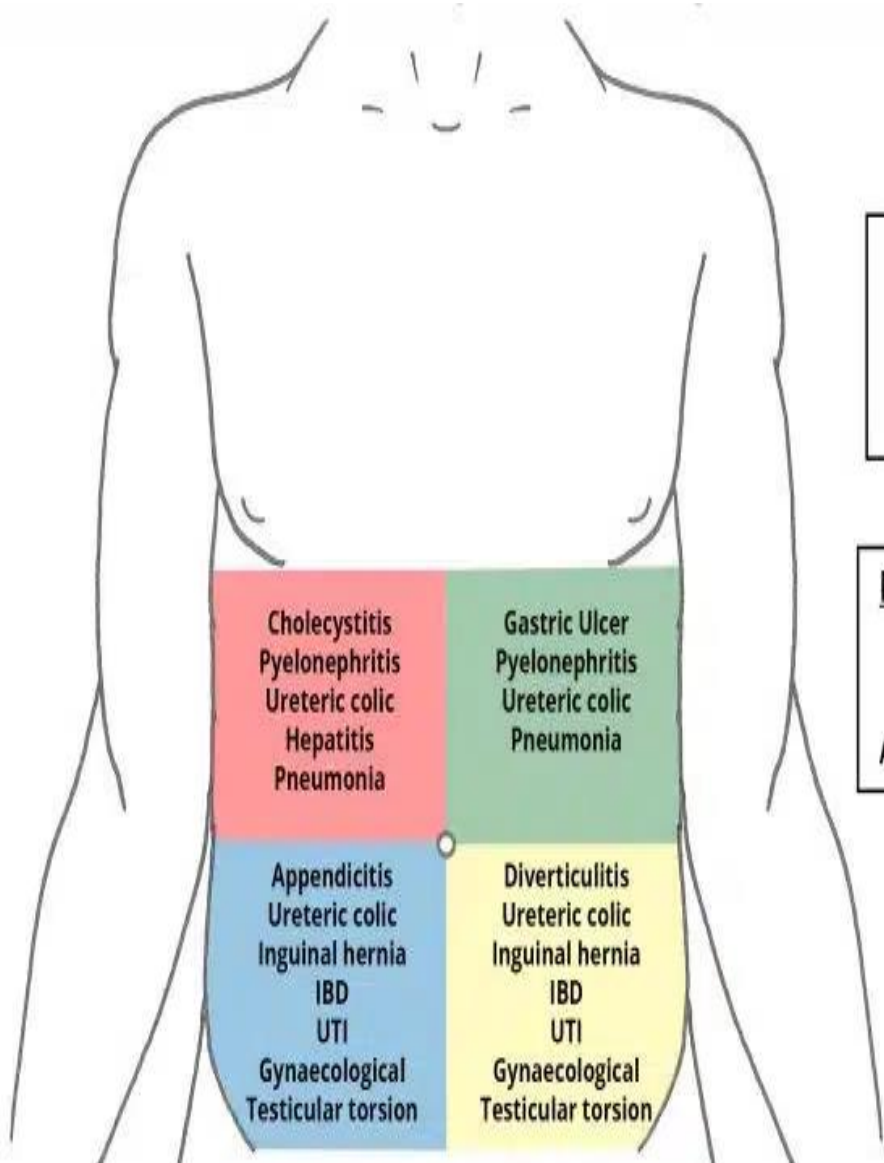


下腹痛預立特定醫療流程

彰化基督教醫院
兒童醫院吳金燕專科護理師

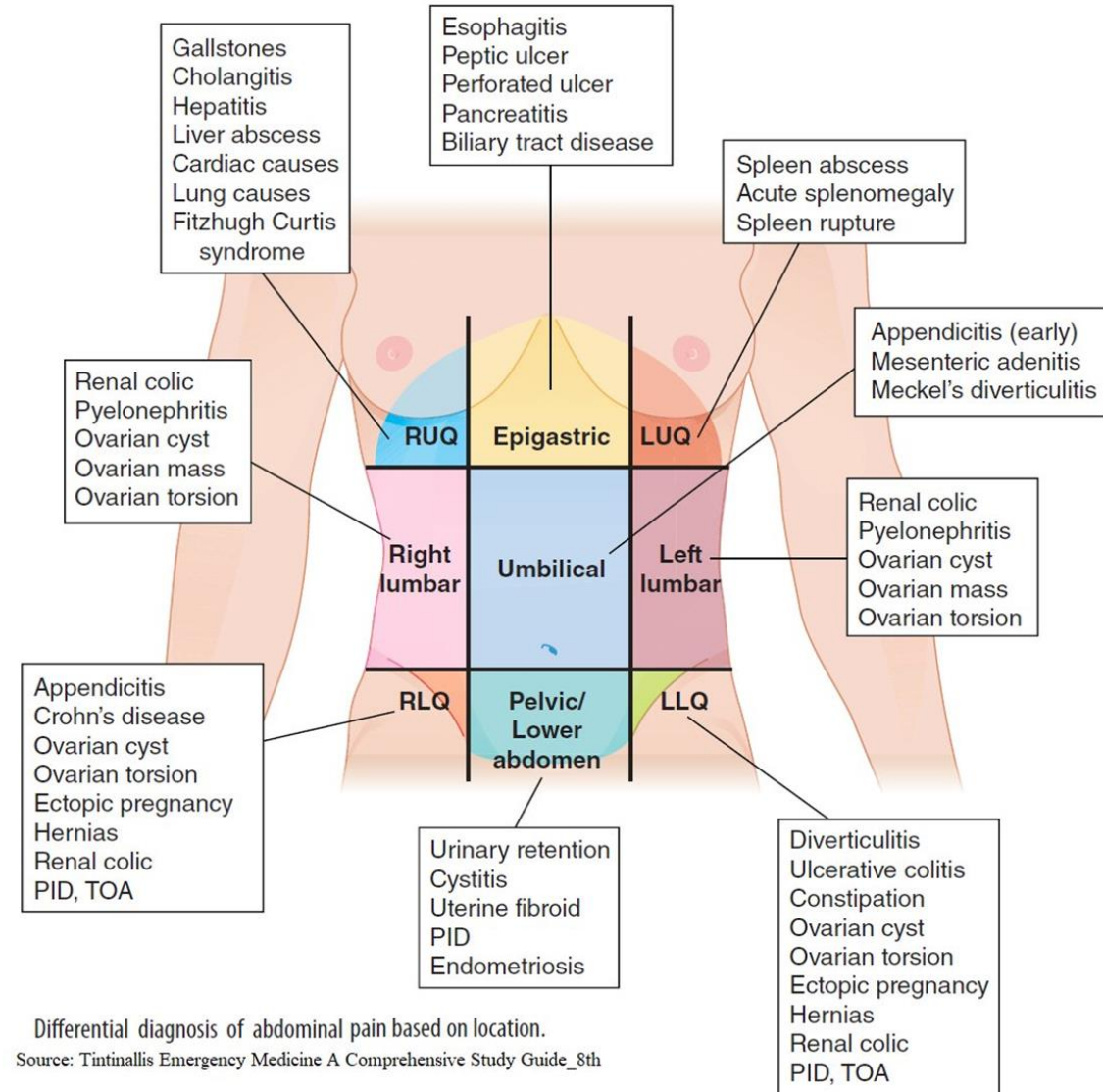
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症狀別：下腹痛



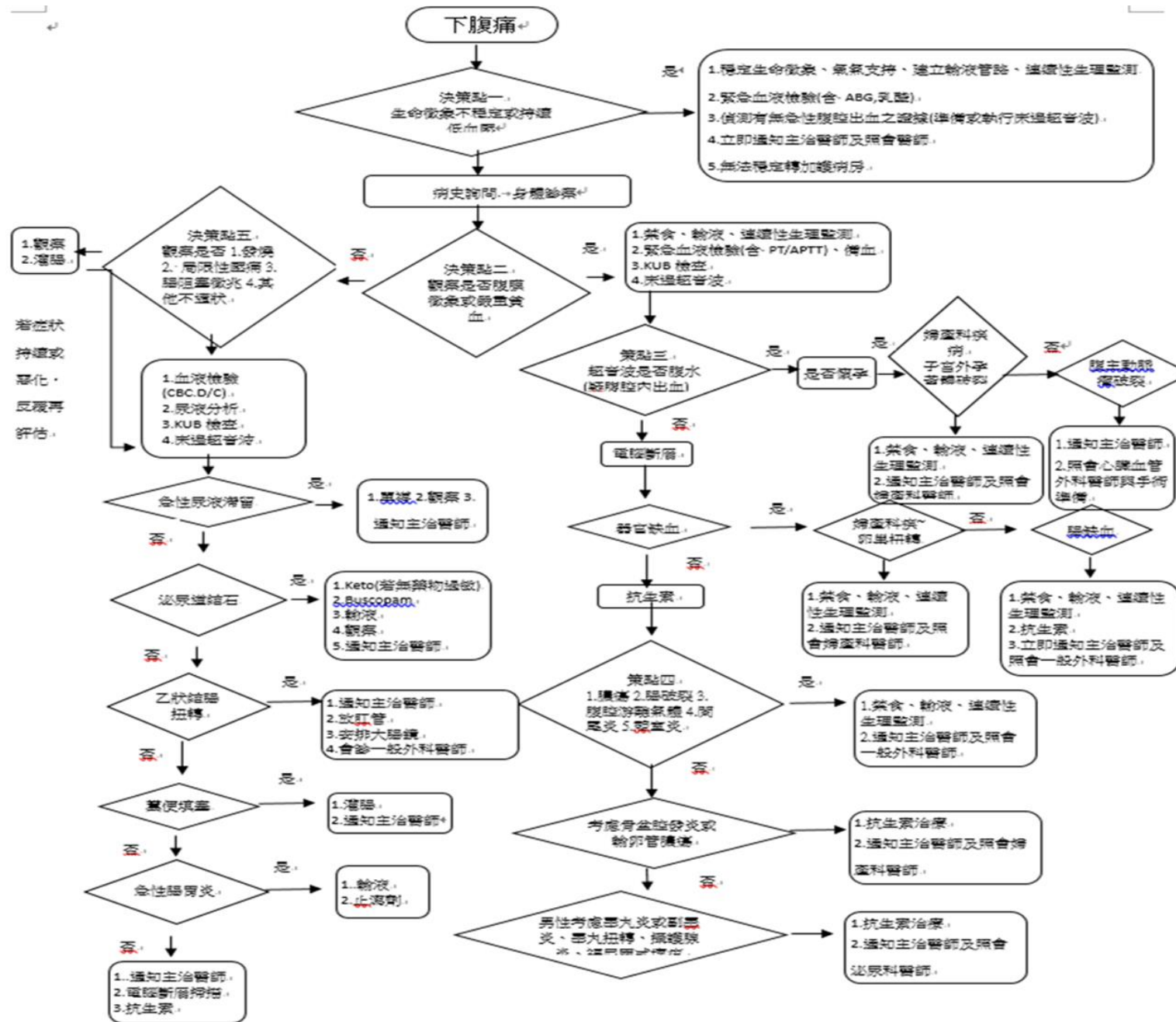
Epigastric Region
 Peptic ulcer disease
 Cholecystitis
 Pancreatitis
 Myocardial infarction

Peri-umbilical Region
 Small bowel obstruction
 Large bowel obstruction
 Appendicitis
 Abdominal aortic aneurysm

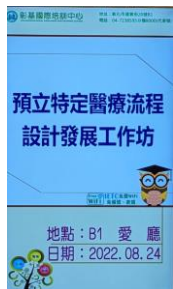


Differential diagnosis of abdominal pain based on location.
 Source: Tintinallis Emergency Medicine A Comprehensive Study Guide_8th

.....因工作坊分組題目
.....無需說明



我們的歷程



2022.08.24



01

里程碑

工作坊
2022.08



2022.09.02



02

里程碑

作業題目
回覆症狀別項目



2022.10.06



03

里程碑

作業格式
撰寫預立特定醫療流程作業

學會多次提醒繳交作業

親愛的學員：

感謝2022年有您的參與，讓我們一起留下歷史的足跡！
期待2023年繼續有您的陪伴，一起迎接四月的成果發表會！

敬祝：前兔似锦、鴻兔大展！

台灣專科護理師教師學會敬上



今天
分享會
2023.4.14



2023.04.14

04

里程碑

完成作業

2023.03.23 學會通知

繳回作業：
1.預立醫療流程內容、2.相關文件資料、3.院內審查委員名單

專科護理師作業小組



組員姓名：吳金燕	服務機構：彰化基督教醫院
制定日期：111年12月07日	專科護理師作業小組審核
	審核人：(護理或醫療部門主管副召集人含以上) 召集人-周志中副院長 委員-賴鴻文外科副部長 林聖皓內科副部長 謝宜哲麻醉部部長 倪淳淵急診部醫師 許秀櫻專科護理師 李雅文護理部主任 張艾玲護理部督導長

what is causing your lower abdominal pain

Is it your colon? (large intestine)

Diverticulitis
Infection of small pouches called diverticula that develop along the walls of intestines

Symptoms

- Cramping on the left side of your stomach
- Blood in your stool
- Severe abdominal pain
- Fever

Appendicitis
An inflammation of the appendix at the end of your intestines

Symptoms

- A dull pain that becomes sharp as it moves from the upper to lower abdomen
- Abdominal swelling
- Loss of appetite, nausea and vomiting
- Fever
- Painful urination

Irritable bowel syndrome (IBS)
A common digestive problem that affects your bowel habits

Symptoms

- Diarrhoea and/or constipation
- Bloating and gas
- Stomach cramps
- Irregular bowel movements

Inflammatory bowel disease (IBD)
Refers to conditions affecting different parts of your colon, including Crohn's disease and ulcerative colitis

Symptoms

- Abdominal pain and bloating
- Bloody stools
- Weight loss
- Visible damage to the colon when viewed internally

Hernia
The protrusion of your organs through the muscles or fat surrounding them

Symptoms

- An obvious lump or swelling
- Pain when moving
- A heavy feeling in your abdomen
- Heartburn

Is it your urinary system?

Urinary tract infection (UTI)
When bacteria enters your urethra and infects your bladder. UTI may lead to kidney issues

Symptoms

- Cloudy or dark urine
- Pain or burning sensation when urinating
- Constant urge to urinate
- Pain in your abdomen

Acute retention of urine
When you are unable to empty your bladder, even when it is full

Symptoms

- Pain in the lower abdomen
- Inability to urinate
- Leaking urine, but not enough for relief

Bladder stones
Hard masses made of minerals in your urine

Symptoms

- Blood in urine
- Pain or burning sensation when urinating
- Trouble urinating or an uneven flow
- Cloudy or dark urine

Bladder cancer
When cancerous cells or tumours develop in your bladder

Symptoms

- Pink, orange or dark red blood in urine
- Pain or burning sensation when urinating
- Constant feeling of needing to urinate
- Inability to urinate
- Swollen feet and aching bones

Does it affect women?

Ovarian Cyst
A fluid-filled pocket on your ovary

Symptoms

- Pain in the abdomen around the cyst
- Bloating or swelling
- Dizziness or weakness

Uterine fibroid
Benign lumps that grow in the wall of the uterus (womb)

Symptoms

- Particularly heavy periods
- Bleeding between periods, which may be enlarged
- Pain during sexual intercourse

Endometriosis
The lining of your uterus grows outside of the uterus, causing scar tissue and lesions

Symptoms

- Extremely heavy periods
- Severe pain in your abdomen, or migraines
- Painful bowel movements or diarrhoea
- Nausea

Pelvic inflammatory disease (PID)
An infection of your reproductive organs

Symptoms

- Pain in your abdomen
- Abnormally heavy or unpleasant discharge
- Fever and chills
- Pain during sexual intercourse
- Painful urination

The causes of Abdominal Pain in a Child

Surgical Causes

- Intussusception
- Appendicitis
- Strangulated hernia
- Torsion (testis / ovary)
- Mesenteric adenitis
- Gall stones
- Pancreatitis
- UTI
- Hepatitis
- Pneumonia
- Gastro-oesophageal Reflux
- Pylonephritis
- Infantile Colic (Frequent crying in an otherwise healthy baby. Aetiology is unknown).
- Gastroenteritis

Medical Causes

- Raised Sugar! Diabetic Ketoacidosis
- Henoch Schonlein Purpura
- Sickle cell anaemia!

www.PicturingMedicine.com © 2010 John Kenneth Dickson

Does it affect men?

Testicular Torsion
When the spermatic cord becomes twisted around your testicle, affecting blood supply

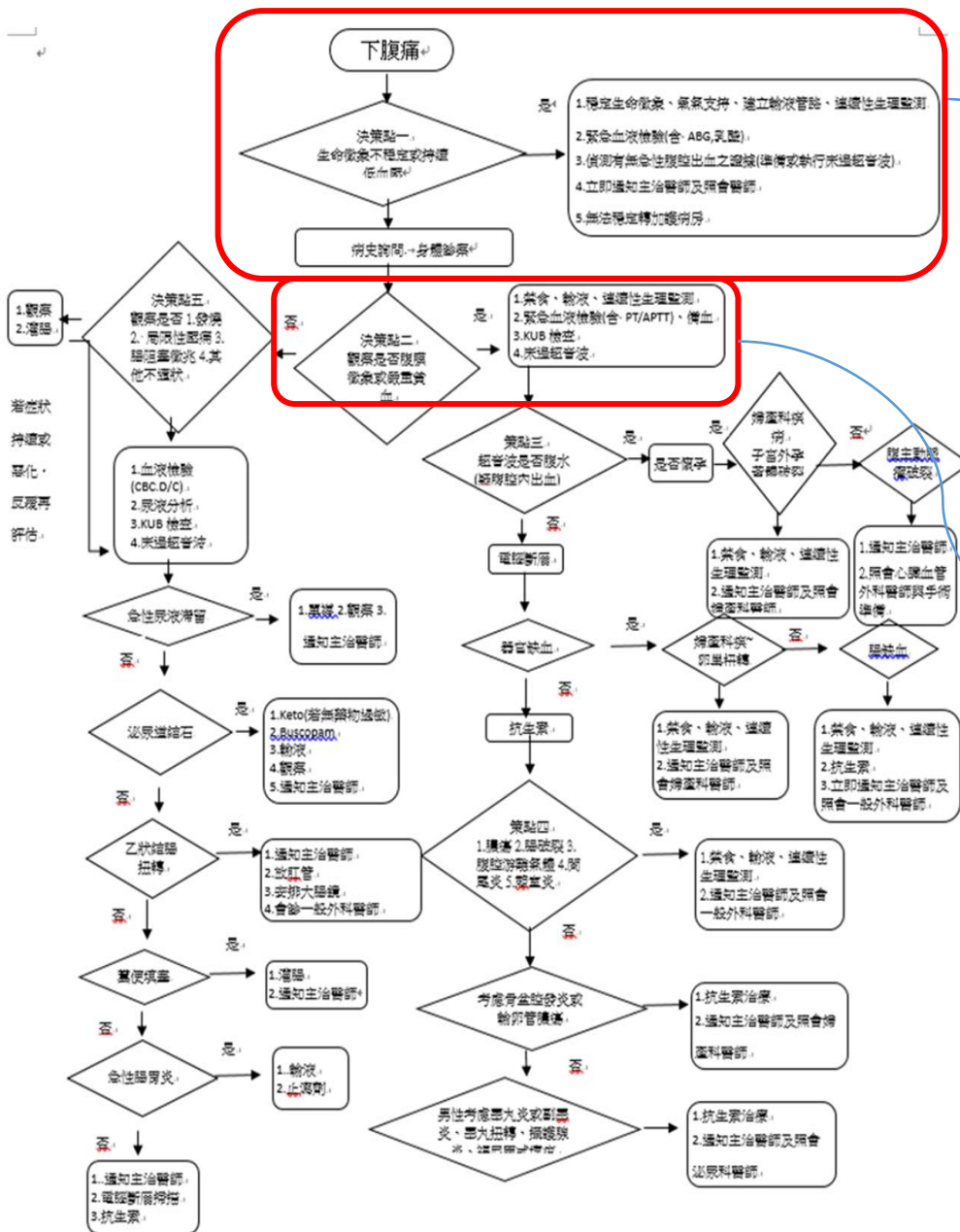
Symptoms

- Sudden and severe pain in the testicle
- Enlarged testicle
- Tenderness
- Bruising

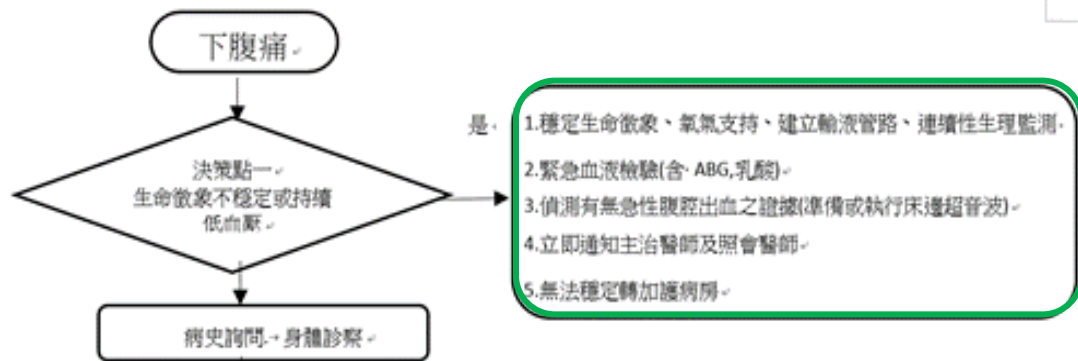
Prostatitis
Swelling or inflammation of the prostate. May be caused by a variety of factors

Symptoms

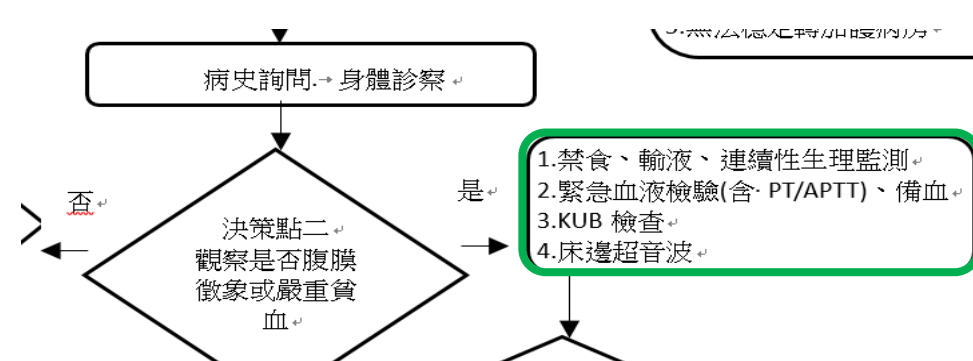
- Pain around the base of the penis
- Difficulty urinating
- Abdominal or back pain
- Fever, chills, nausea or aches
- Blood in your semen

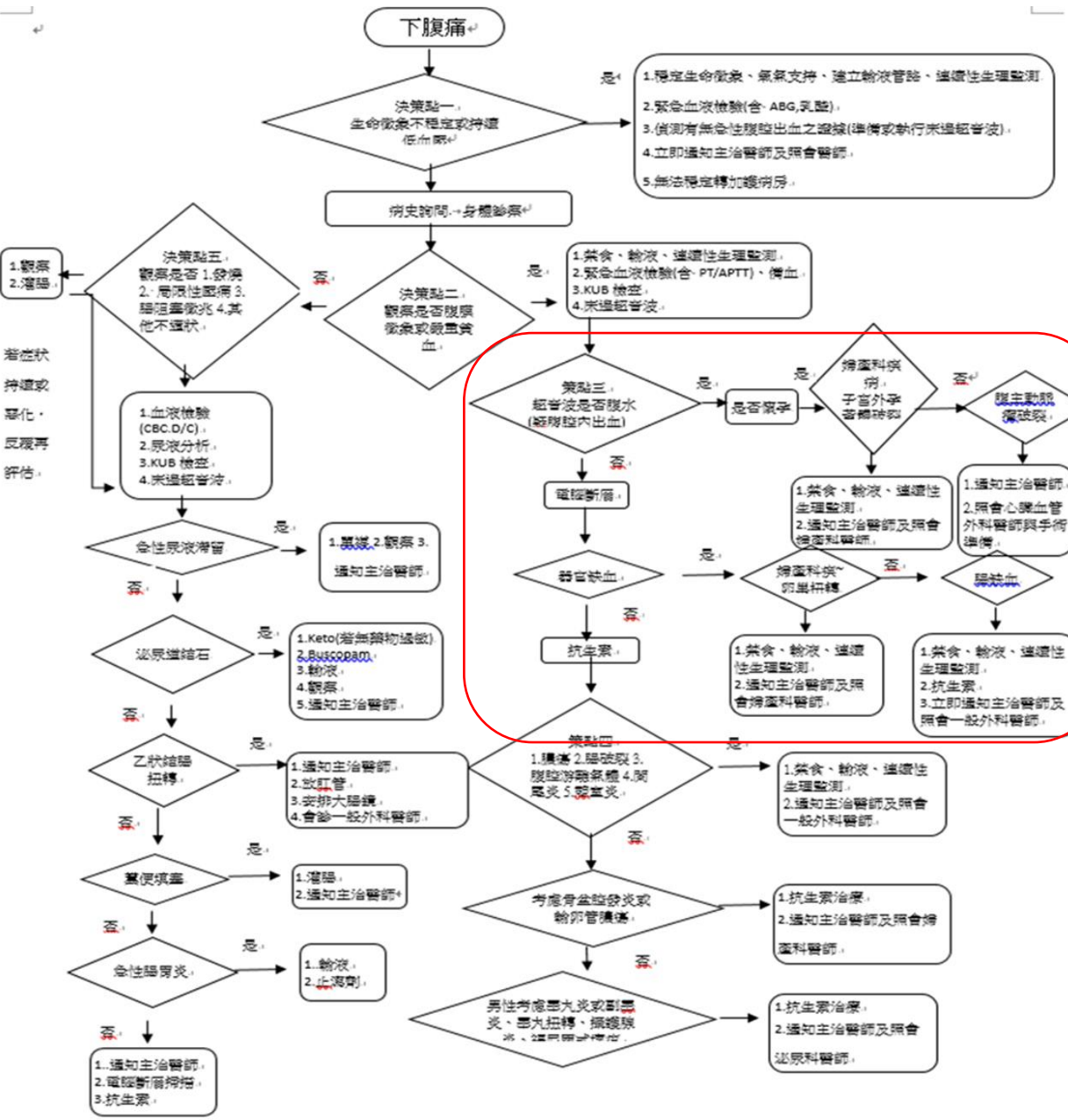


決策點一：病患是否出現不穩定之生命徵象或持續低血壓/器官血液灌流不足而須立即急救處置？

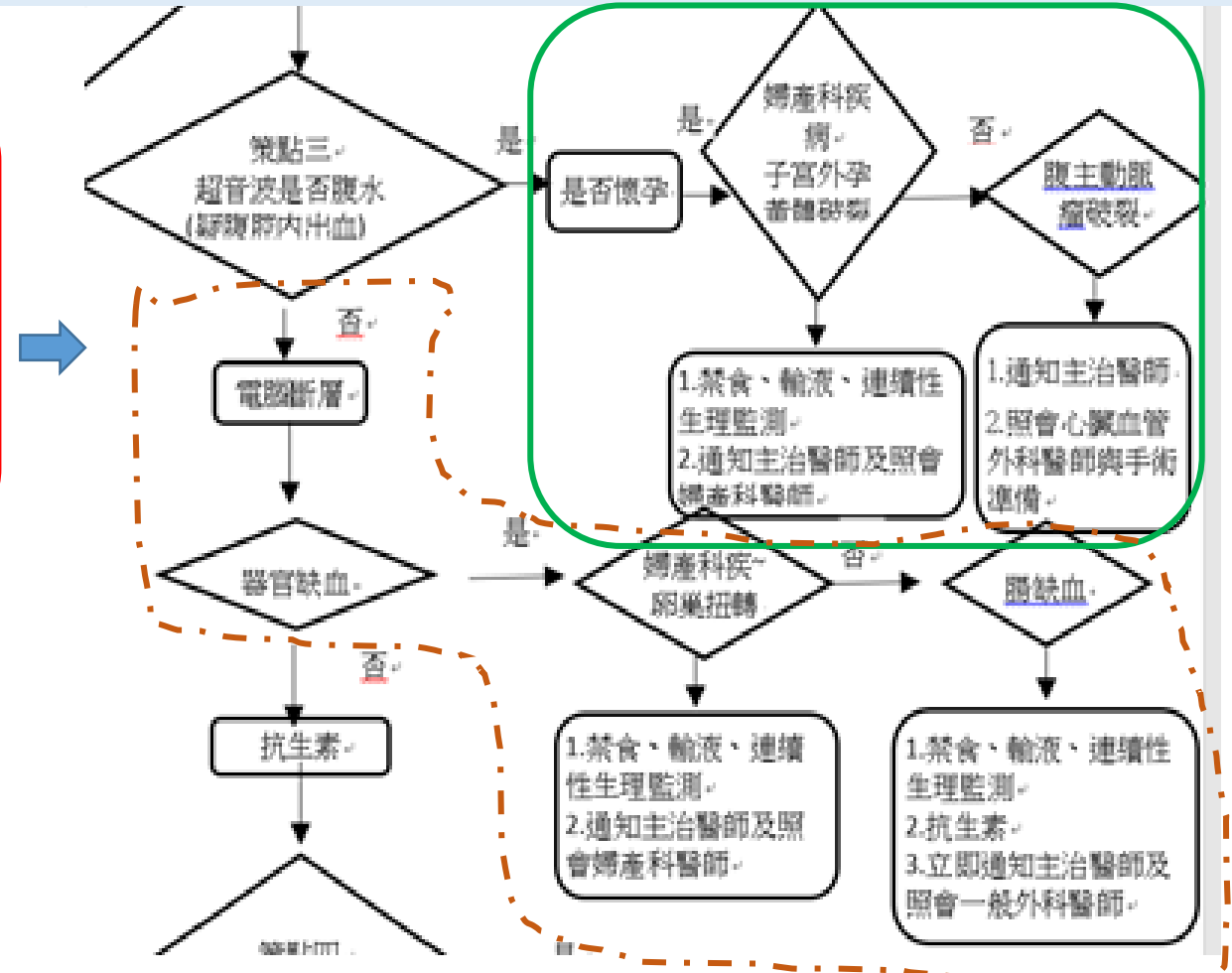


決策點二：重點式病史詢問及身體診察，觀察是否出現嚴重腹膜徵象或嚴重貧血(red flag symptom or sign)？

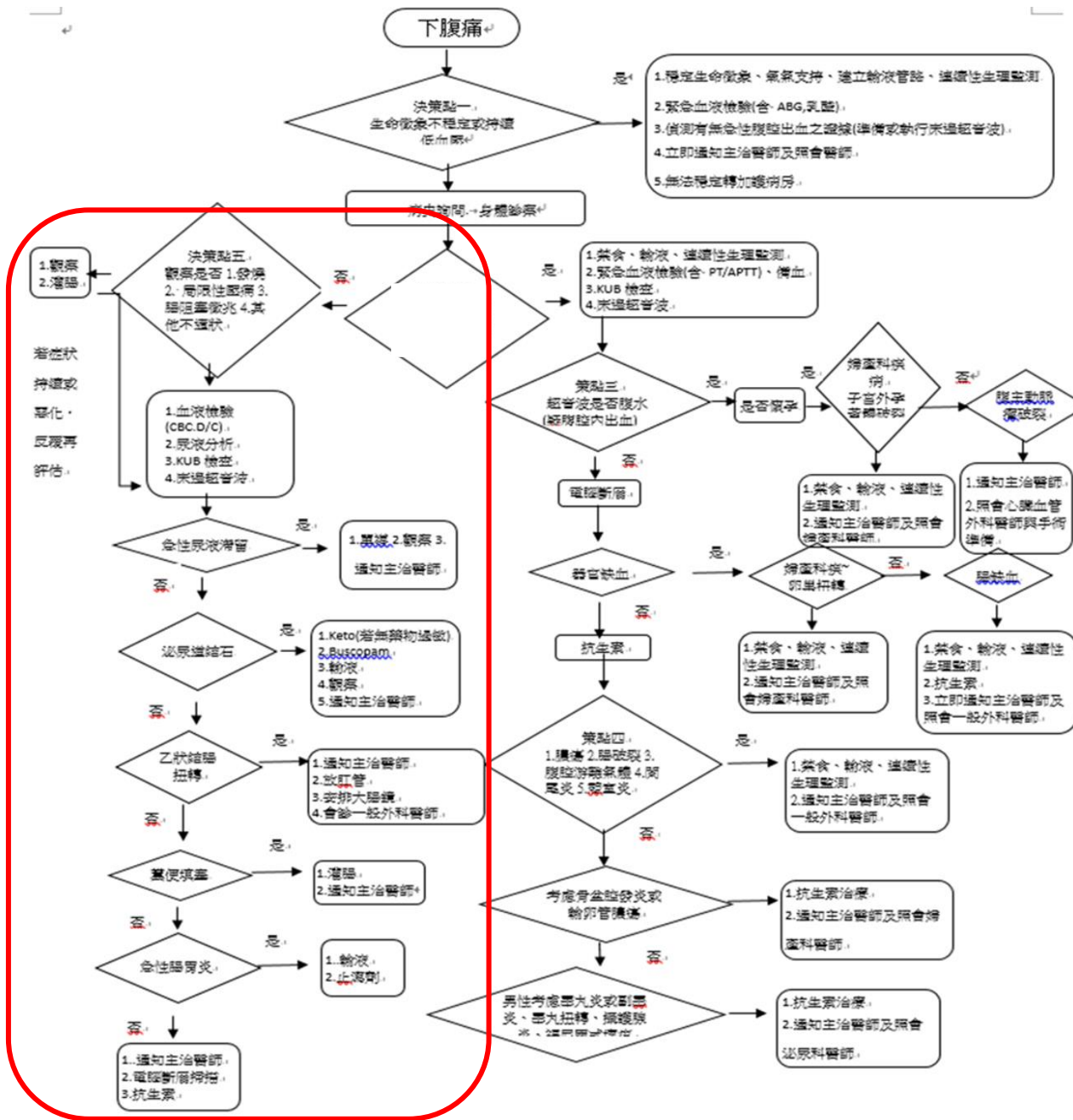
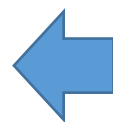
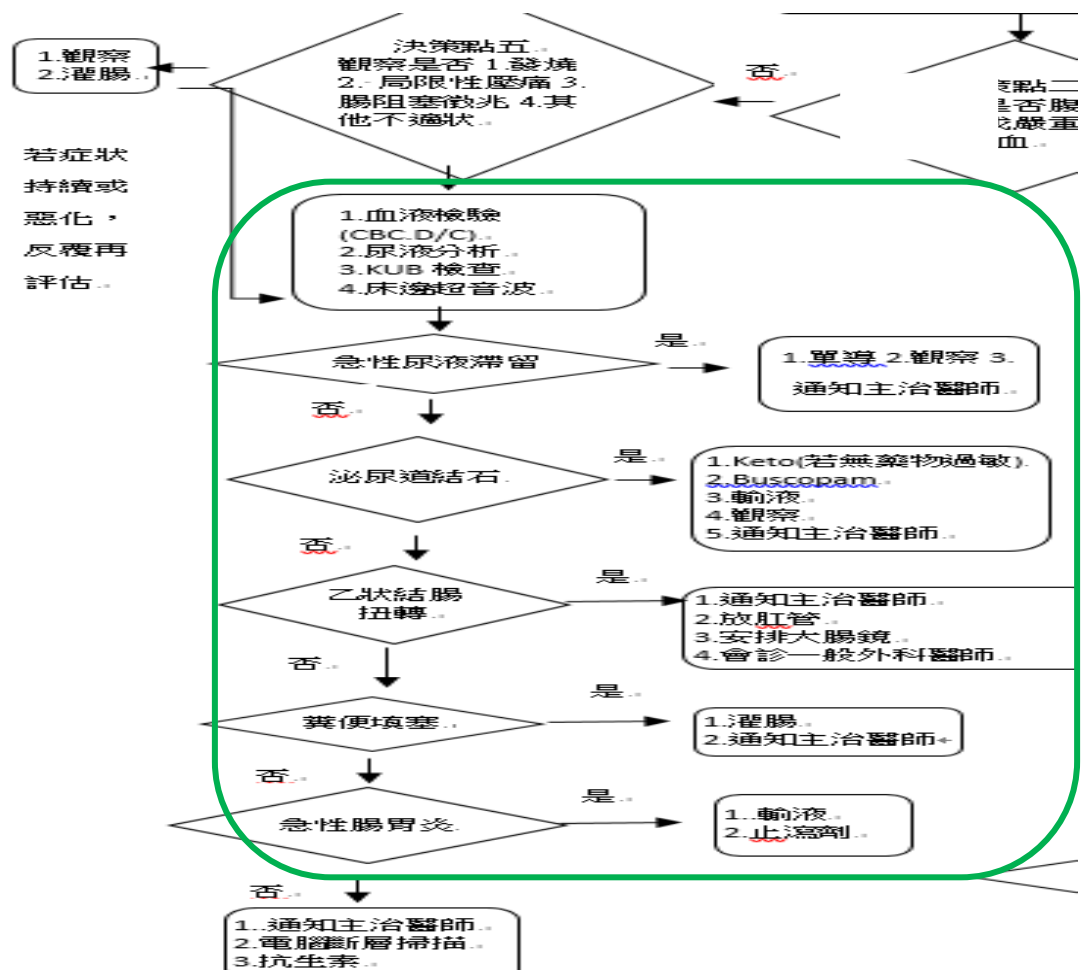


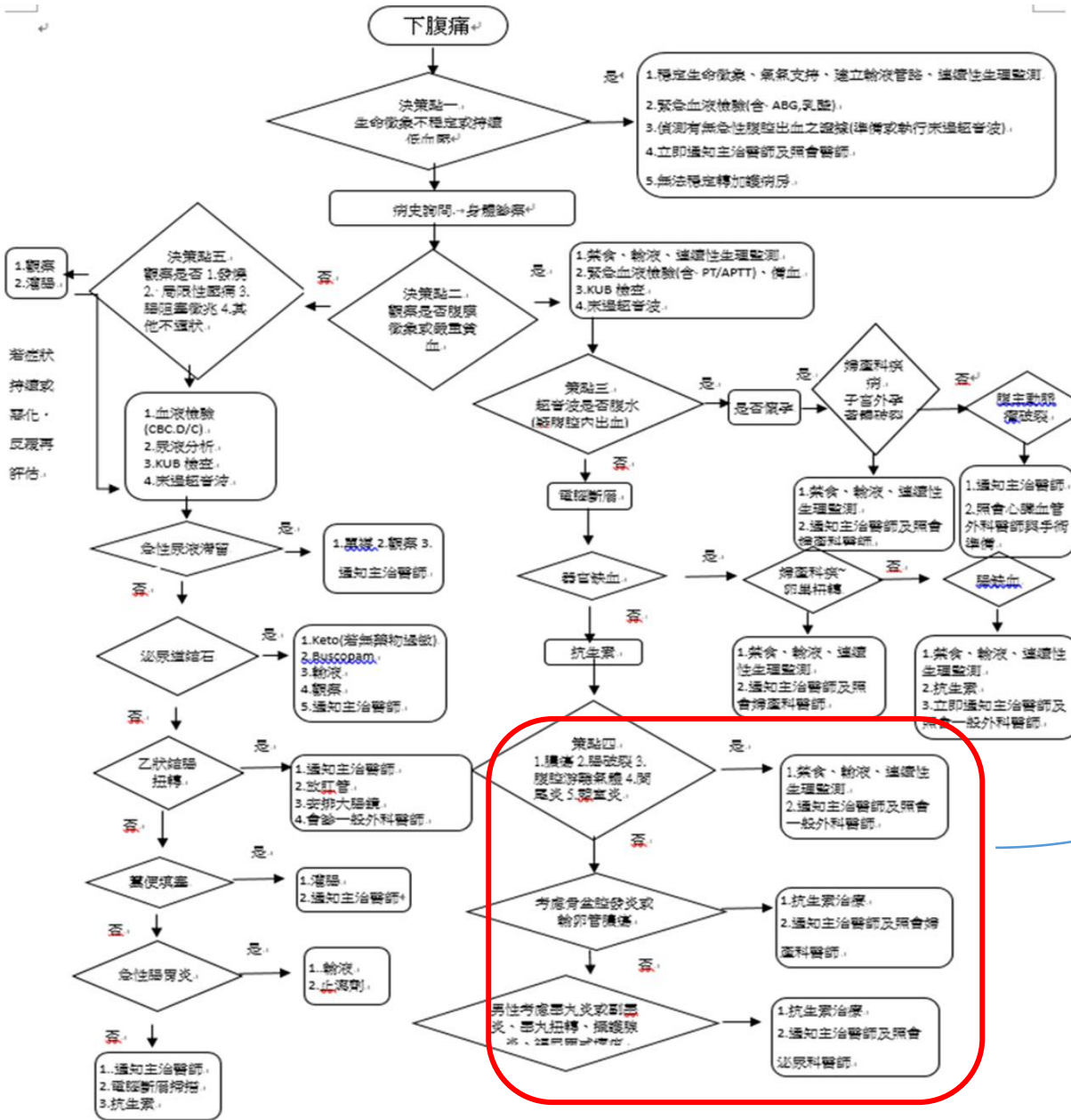


完整病史詢問及身體診察，並施行床邊超音波檢查，是否出現腹水懷疑腹腔內出血情形(決策點三)來排除潛在危險之診斷，例如腹主動脈瘤破裂或因懷孕子宮外孕或黃體破裂

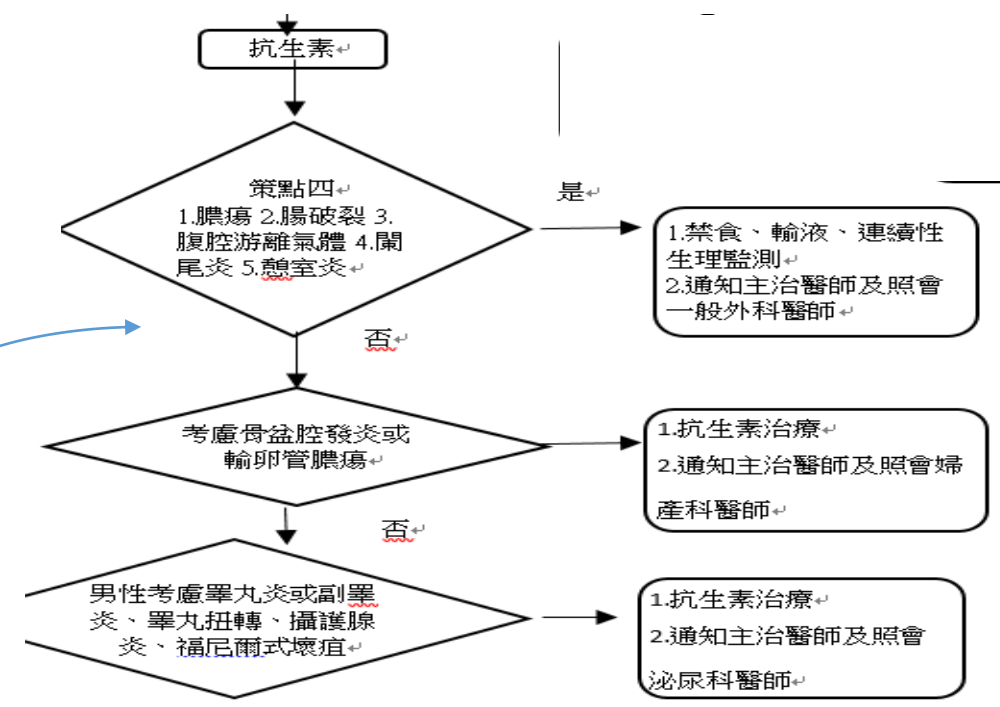


觀察是否出現(1)發燒(2)侷限性壓痛(3)腸阻塞徵兆等? (決策點五)，若症狀持續或惡化，反覆再評估。





若**症狀加劇**或出現**新異常症狀**安排**電腦斷層檢查**，是否出現**器官缺血**情形，**排除婦產科疾病之診斷**，例如**卵巢扭轉**或**腸缺血壞死**，依據解剖學位置、疼痛特徵及影像學報告(1)腹腔膿瘍(2)腸破裂(3)腹腔游離空氣(4)闌尾炎(5)憩室炎等相關症狀，**進行完整整的評估與後續處置 (決策點四)**



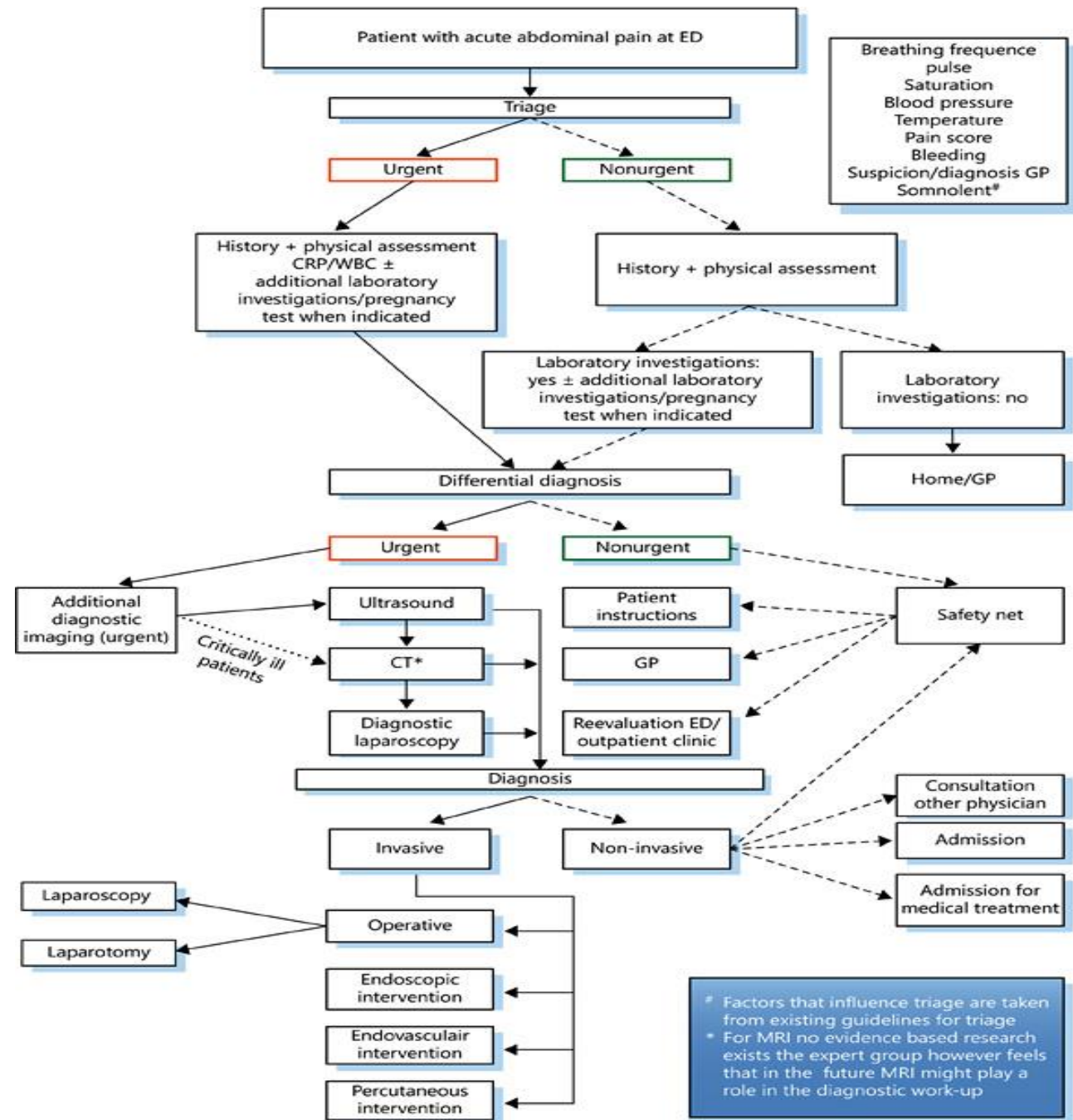
初步治療：

- 再評估後沒有改善甚至惡化
- 需要時，緊急照會
- 通知監督醫師。

醫療之不確定性：

- 在不穩定病況、懷疑為嚴重疾病
 - 需安排特殊檢查或治療
 - 蒐集初步檢驗檢查結果
 - 與監督醫師討論

Fig. 1. Flowchart from the guideline for acute abdominal pain.



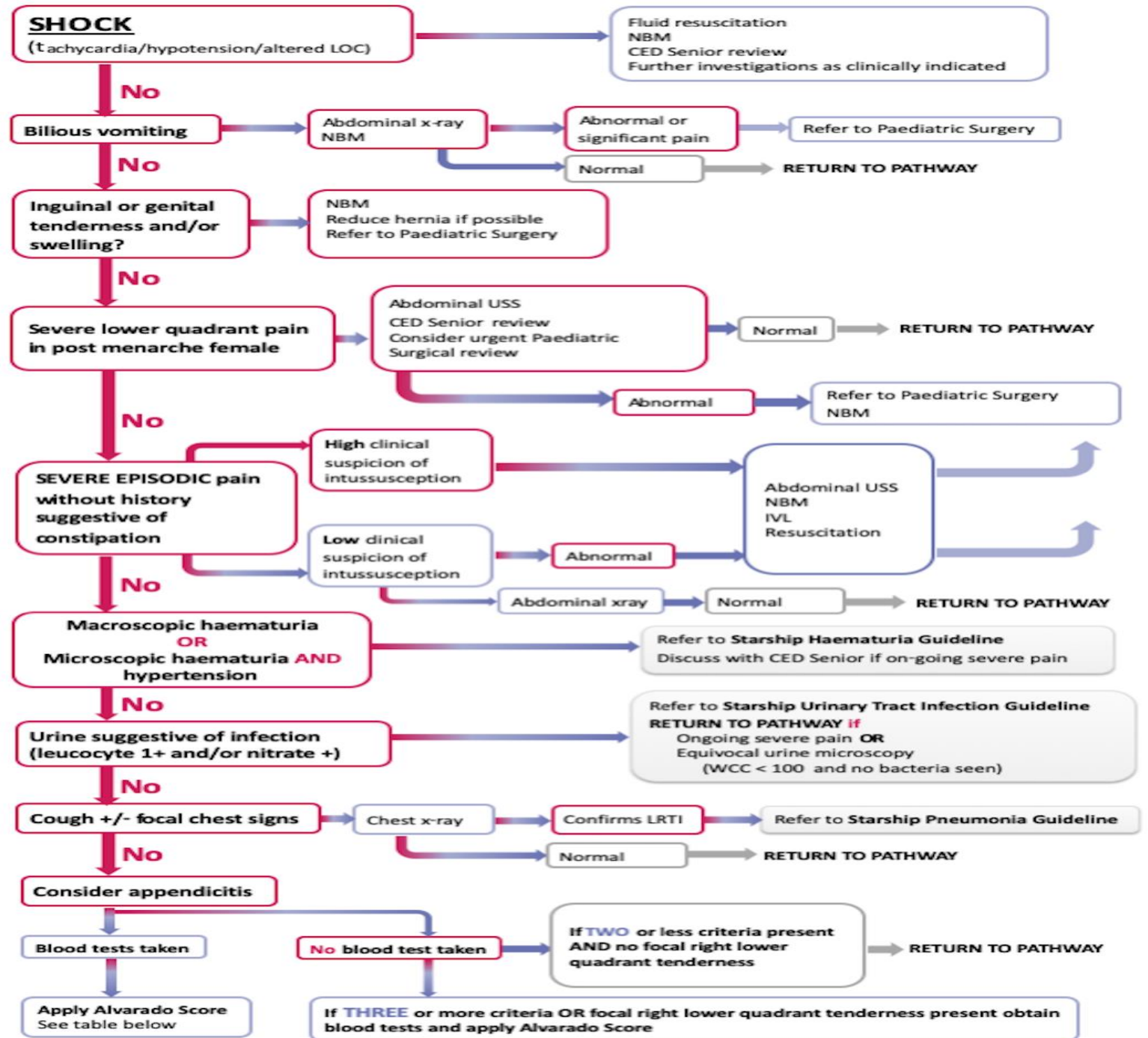
Guideline for the Diagnostic Pathway in Patients with Acute Abdominal Pain

Dig Surg 2015;32:23–31
DOI: 10.1159/000371583

* Factors that influence triage are taken from existing guidelines for triage
* For MRI no evidence based research exists the expert group however feels that in the future MRI might play a role in the diagnostic work-up

Acute abdominal pain

<https://starship.org.nz/guidelines/acute-abdominal-pain/>



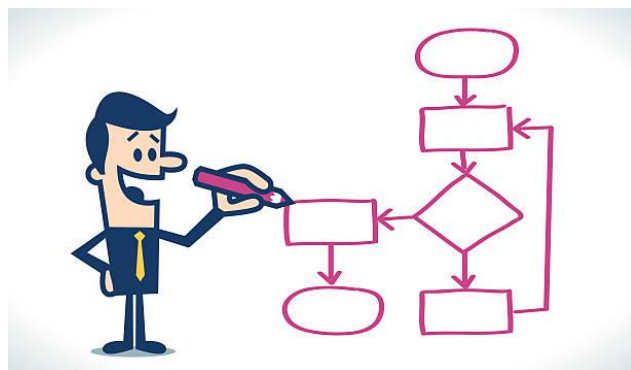
撰寫過程中

遇到之困境與解決方式

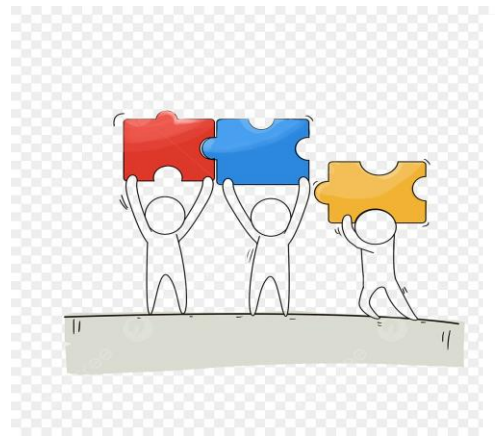
文獻查證困難



流程圖



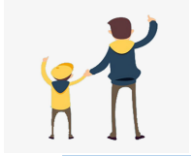
團隊合作



解決問題



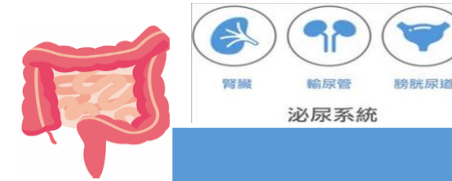
文獻查證



- 成人
- 小兒



- 男人
- 女人



- 腸道
- 泌尿道

- **Evaluation of the adult with abdominal pain**

<https://www.uptodate.com/contents/evaluation-of-the-adult-with-abdominal-pain>

- **Emergency evaluation of the child with acute abdominal pain**

<https://www.uptodate.com/contents/emergency-evaluation-of-the-child-with-acute-abdominal-pain>

- **Causes of acute abdominal pain in children and adolescents**

<https://www.uptodate.com/contents/emergency-evaluation-of-the-child-with-acute-abdominal-pain>

- **Evaluation of acute pelvic pain in the adolescent female**

<https://www.uptodate.com/contents/evaluation-of-acute-pelvic-pain-in-the-adolescent-female>

- **Causes of abdominal pain in adults**

<https://www.uptodate.com/contents/causes-of-abdominal-pain-in-adults>

- **Approach to acute abdominal/pelvic pain in pregnant and postpartum patients**

<https://www.uptodate.com/contents/approach-to-acute-abdominal-pelvic-pain-in-pregnant-and-postpartum-patients>

- **Kidney stones in children: Clinical features and diagnosis**

<https://www.uptodate.com/contents/kidney-stones-in-children-clinical-features-and-diagnosis>

- **Emergency evaluation of the child with acute abdominal pain**

<https://www.uptodate.com/contents/emergency-evaluation-of-the-child-with-acute-abdominal-pain>

- **Evaluation of the adult with abdominal pain in the emergency department**

<https://www.uptodate.com/contents/evaluation-of-the-adult-with-abdominal-pain-in-the-emergency-department>


參加預立醫療流程設計發展工作坊

心得分享

流程圖化

本院疾病型 預立特定醫療流程修訂

flow chart

	兒童急性闌尾炎	編...號: AFS-Y049-002	新訂編證: 2018-12-31
	預立特定醫療流程	責任部門: 外科部	修訂編證: 2020-04-21
		負責人職稱: 兒童外科主任	檢討期限: 每三年檢討
		版本: 第2版, 第1頁, 共5頁	

1- 政策


- 1.1 依據衛生福利部 2015 年 10 月 19 日公告「專科護理師於醫師監督下執行醫療業務辦法」。
- 1.2 依據衛生福利部 2017 年 5 月 8 日公告「專科護理師於醫師監督下執行醫療業務辦法」第八條及第三條附表修正。

2- 症狀、病史及身體評估等情境或判斷

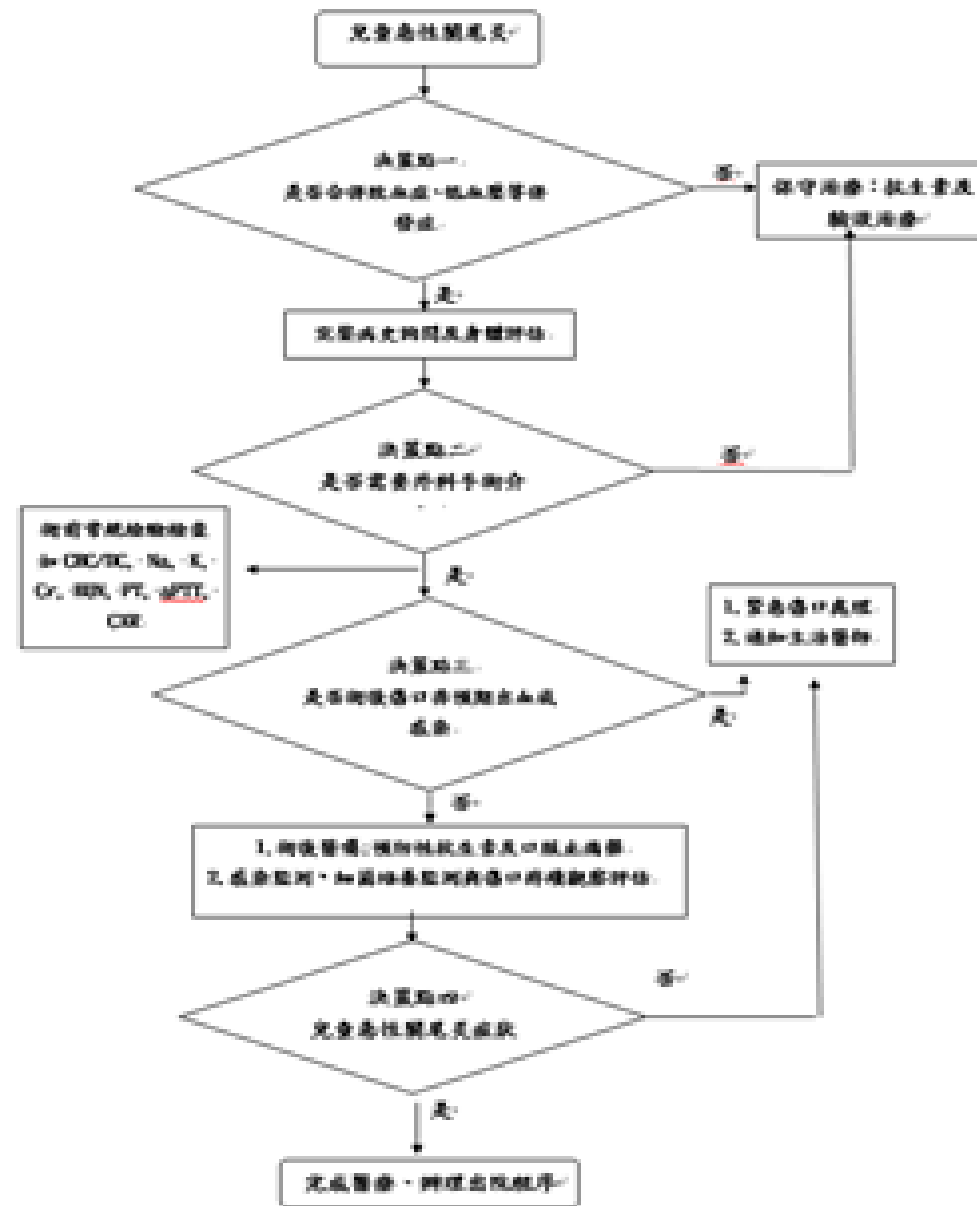
- 2.1 臨床情境: 年齡小於 18 歲之患者之兒童外科病患, 因腹痛、噁心、嘔吐至本院門診/急診求診, 經醫師診療後診斷為急性闌尾炎, 建議入院治療。
- 2.2 急性闌尾炎定義: 常見的腹部急症, 常因為闌尾管腔狹窄便、異物、寄生蟲、淋巴組織增生肥厚、腫瘤、等原因阻塞而發生闌尾發炎。
- 2.3 症狀:
 - 2.3.1 痛(Pain) (上腹部, 然後右下腹部)。
 - 2.3.2 嘔吐、噁心、食慾不振(Vomiting, Nausea, Anorexia)。
 - 2.3.3 局部深按壓痛(由腹部或由直腸) Rovsing 氏病徵。
 - 2.3.4 局部肌肉僵硬(Local rigidity of muscles)(不經常)-腰大肌的病徵(Psoas sign)及閉孔肌的病徵(Obturator sign)。
 - 2.3.5 局部膨脹(Local distension) (不經常)。
 - 2.3.6 發燒(Fever)。
 - 2.3.7 便秘(Constipation)。
 - 2.3.8 腹瀉。

3- 執行之項目及相關處置措施

- 3.1 病史評估: 詳見入院病摺
 - 3.1.1 包括姓名、地址、電話、聯絡人、年齡、出生日期、性別、種族/國籍、宗教信仰、教育程度、職業、健康保險。
 - 3.1.2 現在健康狀況: 包括主訴、此次發病經過與目前用藥狀況, 一般健康情形。
 - 3.1.3 過去健康狀況: 包括過去病史、手術史、住院史、疾病狀況、用藥情形、過敏情形。
 - 3.1.4 個人史: 最近旅遊史、預防接種及出生前後史。
 - 3.1.5 家族史。
 - 3.1.6 系統回顧: 包括身體各系統之特殊問題與任何陽性反應的分析。

	兒童急性闌尾炎	編...號: AFS-Y049-002	新訂編證: 2018-12-31
	預立特定醫療流程	責任部門: 外科部	修訂編證: 2020-04-21
		負責人職稱: 兒童外科主任	檢討期限: 每三年檢討
		版本: 第2版, 第2頁, 共5頁	

- 3.2 身體評估:
 - 3.2.1 體溫、脈搏、呼吸、血壓。
 - 3.2.2 身體各系統評估: 從頭到腳評估, 包含神經系統、肌肉骨骼系統、腹部評估、呼吸系統、心臟血管系統等。
 - 3.2.3 執行身體檢查的四種技巧: 視診(Inspection)、聽診(Auscultation)、叩診 Percussion)、觸診(Palpation)。
- 3.3 相關處置及措施
 - 3.3.1 手術前評估
 - 3.3.2 檢驗醫囑(依病情需要開立)
 - 3.3.2.1 基本血液學檢查、發炎指數檢查、肝功能血液檢查及細菌培養。
 - 3.3.2.2 尿液檢查、懷孕測試(青春期後女性)
 - 3.3.2.3 腹部超音波
 - 3.3.2.4 KUB
 - 3.3.2.5 電腦斷層掃描
 - 3.3.2.6 其他
 - 3.3.3 藥物處方醫囑
 - 3.3.3.1 抗生素
 - 3.3.3.2 止痛劑
 - 3.3.3.3 靜脈輸液
 - 3.3.3.4 退燒藥, 需要時
 - 3.3.4 治療處置醫囑
 - 3.3.4.1 禁食
 - 3.3.4.2 手術治療: 腹腔鏡闌尾切除手術。手術中如發現無法以腹腔鏡手術切除闌尾時或手術中如發現腹內其它器官系統病變, 可能需要以傳統手術處理。
 - 3.3.4.3 非手術治療: 抗生素治療+闌尾周圍引流術: 在某些複雜性特殊案例, 如: 超過 72 小時以上的延遲性闌尾炎、穿孔性闌尾炎所引發的闌尾局部周圍膿瘍或組織炎(phlegmon)。
 - 3.3.4.4 間隔性闌尾切除術(Interval- appendectomy): 常用於上述第一階段使用「非手術」保守治療的患者, 在膿瘍和周圍發炎緩解後, 待 6~12 週後狀況允許下再行闌尾切除術。如果保守治療之後闌尾沒有切除, 則其闌尾炎復發的機率達 5%~37%。(根據不同文獻的記載) 建議徵詢接受正確的醫療處置。

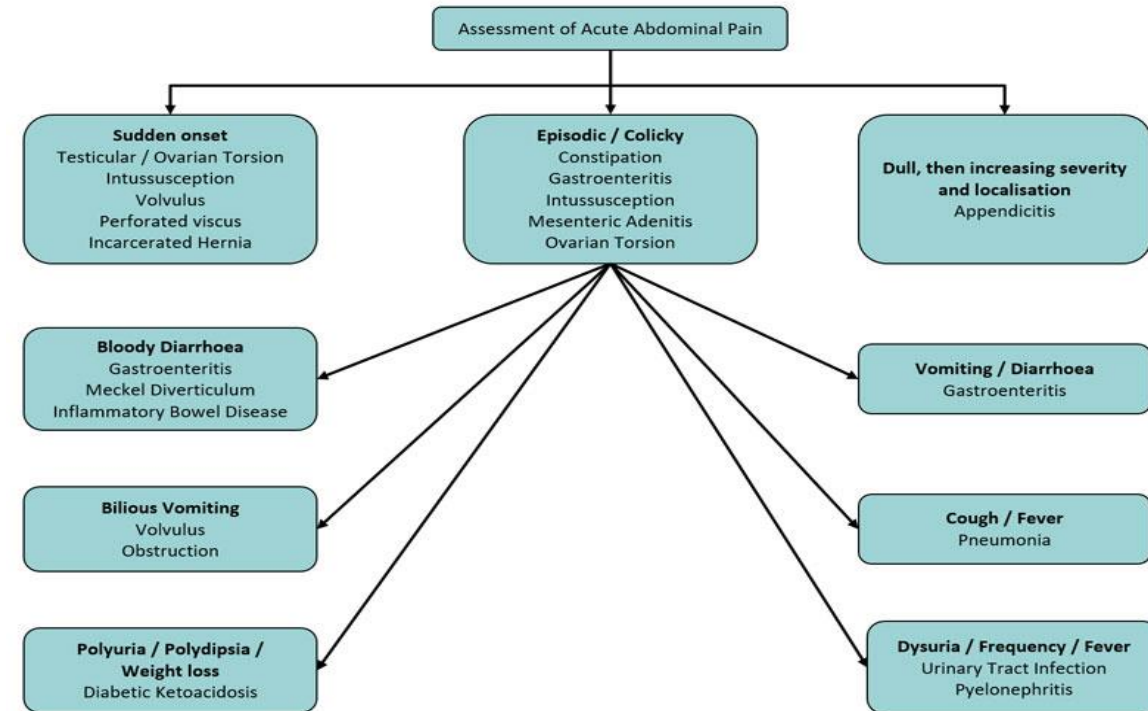


Abdominal pain – acute

② Assessment--History

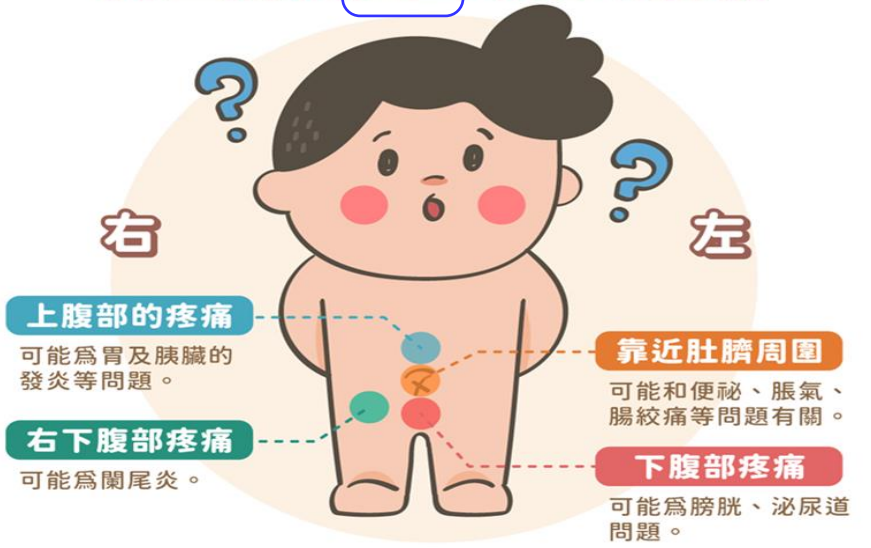
① Common and time critical causes of abdominal pain by age

Neonates	Infants and Children	Adolescents
<p>Hirschprung enterocolitis Incarcerated hernia Intussusception Necrotising enterocolitis Volvulus</p>	<p>Abdominal trauma Appendicitis Constipation Gastroenteritis Incarcerated hernia Intussusception Meckel's diverticulum Mesenteric adenitis Ovarian torsion Pyloric stenosis Testicular torsion Volvulus</p>	<p>Appendicitis Abdominal trauma Cholecystitis/ Cholelithiasis Constipation Ectopic pregnancy Gastroenteritis Inflammatory bowel disease Ovarian cyst – torsion/rupture Pancreatitis Pelvic Inflammatory Disease Renal calculi Testicular torsion</p>



③ Relevant past medical history

兒童腹痛位置可能的疾病



Underlying condition	Potential complications causing abdominal pain
Hirschprung disease	Enterocolitis (presents with sudden painful abdominal distension and bloody diarrhoea. These children can rapidly deteriorate with dehydration, electrolyte disturbances and systemic toxicity and are at risk of colonic perforation)
Cystic fibrosis	
Liver disease and/or ascites	Primary bacterial peritonitis
Nephrotic syndrome	
Splenectomy	
VP shunt	
Chemotherapy	Pancreatitis
On immunosuppressants	
PEG / NG / NJ fed	
Inflammatory bowel disease (especially if concurrent <i>Clostridium difficile</i>)	Toxic megacolon
Immunocompromised	
Sickle cell disease	Vaso-occlusive crisis (acute painful episodes of abdominal pain)

未來規劃

資訊化



症狀版

abdominal pain

Fever.....



兒科版

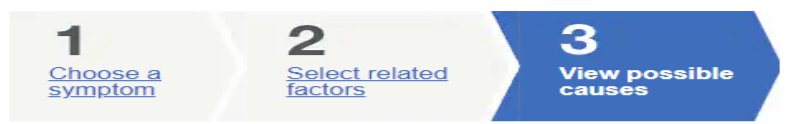


婦產科



內科

外科



Abdominal pain in adults

These diseases and conditions match at least one of the factors you selected. Those with the most matches are listed first.

- [Appendicitis](#) [See associated factors](#) ▾
- [Crohn's disease](#) [See associated factors](#) ▾
- [Mittelschmerz](#) [See associated factors](#) ▾
- [Colon cancer](#) [See associated factors](#) ▾
- [Constipation](#) [See associated factors](#) ▾
- [Diverticulitis](#) [See associated factors](#) ▾
- [Gas and gas pains](#) [See associated factors](#) ▾
- [Kidney stones](#) [See associated factors](#) ▾
- [Menstrual cramps](#) [See associated factors](#) ▾
- [Pancreatitis](#) [See associated factors](#) ▾
- [Peptic ulcer](#) [See associated factors](#) ▾



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Patient Care & Health Information > Diseases & Conditions

Appendicitis

[Symptoms & causes](#) | [Diagnosis & treatment](#) | [Doctors & departments](#)

Overview

Appendicitis is an inflammation of the appendix, a finger-shaped pouch that projects from your colon on the lower right side of your abdomen.

Appendicitis causes pain in your lower right abdomen. However, in most people, pain begins around the navel and then moves. As inflammation worsens, appendicitis pain typically increases and eventually becomes severe.

Although anyone can develop appendicitis, most often it occurs in people between the ages of 10 and 30. Standard treatment is surgical removal of the appendix.



Checker



Abdominal pain in adults

Find possible causes of abdominal pain based on specific factors. Check one or more factors on this page that apply to your symptom.

Pain is

- Burning
- Crampy
- Dull
- Gnawing
- Intense
- Intermittent or episodic
- Ongoing (chronic)
- Sharp
- Steady
- Sudden (acute)
- Worsening or progressing

Pain located in

- Abdomen but radiates to other parts of the body
- Lower abdomen
- Middle abdomen
- One or both sides
- Upper abdomen

Triggered or worsened by

- Coughing or other jarring movements
- Drinking alcohol
- Eating certain foods
- Menstrual cycle
- Stress

Relieved by

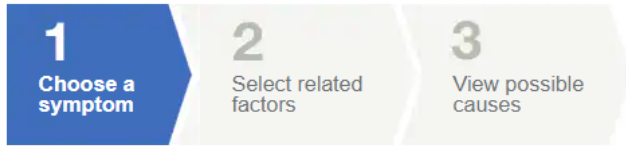
- Antacids
- Avoiding certain foods
- Changing position
- Drinking more water
- Eating certain foods
- Eating more fiber

Accompanied by

- Abdominal swelling
- Black or bloody stools
- Constipation
- Diarrhea
- Fever
- Inability to move bowels in spite of urge
- Loose, watery stools
- Nausea or vomiting
- Passing gas
- Pulsing sensation near the navel
- Rash
- Stomach growling or rumbling
- Unintended weight loss
- Urgent need to have a bowel movement

About this Symptom Checker

Foot pain? Headache? Sore throat? Skin rash? Use the Symptom Checker to find out what's causing your symptom.



Adult Symptoms

- [Abdominal pain in adults](#)
- [Blood in stool in adults](#)
- [Chest pain in adults](#)
- [Constipation in adults](#)
- [Cough in adults](#)
- [Diarrhea in adults](#)
- [Difficulty swallowing in adults](#)
- [Dizziness in adults](#)
- [Eye discomfort and redness in adults](#)
- [Eye problems in adults](#)
- [Foot pain or ankle pain in adults](#)
- [Foot swelling or leg swelling in adults](#)
- [Headaches in adults](#)
- [Heart palpitations in adults](#)
- [Hip pain in adults](#)
- [Knee pain in adults](#)
- [Low back pain in adults](#)
- [Nasal congestion in adults](#)
- [Nausea or vomiting in adults](#)
- [Neck pain in adults](#)

Child Symptoms

- [Abdominal pain in children](#)
- [Constipation in children](#)
- [Cough in children](#)
- [Diarrhea in children](#)
- [Ear problems in children](#)
- [Earache in children](#)
- [Eye discomfort and redness in children](#)
- [Eye problems in children](#)
- [Fever in children](#)
- [Headaches in children](#)
- [Joint pain or muscle pain in children](#)
- [Nasal congestion in children](#)
- [Nausea or vomiting in children](#)
- [Skin rashes in children](#)
- [Sore throat in children](#)
- [Urinary problems in children](#)
- [Wheezing in children](#)

About this Symptom Checker

Foot pain? Headache? Sore throat? Skin rash? Use the Symptom Checker to find out what's causing your symptom.

1
Choose a symptom

2
Select related factors

3
View possible causes

Adult Symptoms

[Abdominal pain in adults](#)

[Blood in stool in adults](#)

[Chest pain in adults](#)

[Constipation in adults](#)

[Cough in adults](#)

[Diarrhea in adults](#)

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[Wheezing in children](#)

1

Choose a symptom

2

Select related factors

3

View possible causes

Abdominal pain in children

Find possible causes of abdominal pain based on specific factors. Check one or more factors on this page that apply to your child's symptom.

Pain is

- Crampy
- Dull
- Extreme
- Intermittent or episodic
- Located in lower abdomen
- Sharp

Onset is

- Intermittent or episodic
- Recent (hours to days)
- Sudden (minutes to hours)

Preceded by

- Eating suspect food
- Recent antibiotic use

Triggered or worsened by

- Coughing or other jarring movements
- Eating certain foods
- Menstrual cycle
- Stress

Relieved by

- Avoiding certain foods
- Drinking more water
- Eating more fiber

Accompanied by

- Constipation
- Delayed growth or sexual development
- Diarrhea
- Failure to thrive (infant or toddler)
- Fever
- Lump in abdomen
- Nausea or vomiting
- Passing gas
- Rash
- Stools with blood
- Stools with pus
- Weight loss

1

Choose a symptom

2

Select related factors

3

View possible causes

Abdominal pain in children

These diseases and conditions match at least one of the factors you selected. Those with the most matches are listed first.

[Intussusception](#)

[See associated factors](#) ▾

[Migraines and gastrointestinal problems:](#)

[See associated factors](#) ▾

[Is there a link?](#)

[Mittelschmerz](#)

[See associated factors](#) ▾

[Antibiotic-associated diarrhea](#)

[See associated factors](#) ▾

[Celiac disease](#)

[See associated factors](#) ▾

[Constipation](#)

[See associated factors](#) ▾

[Food poisoning](#)

[See associated factors](#) ▾

[Gas and gas pains](#)

[See associated factors](#) ▾

[Lactose intolerance](#)

[See associated factors](#) ▾

[Menstrual cramps](#)

[See associated factors](#) ▾

Patient Care & Health Information > Diseases & Conditions

Intussusception

Symptoms & causes

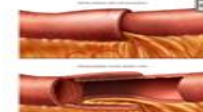
Diagnosis & treatment

Overview

Intussusception (in-tuh-suh-SEP-shun) is a serious condition in which part of the intestine slides into an adjacent part of the intestine. This telescoping action often blocks food or fluid from passing through. Intussusception also cuts off the blood supply to the part of the intestine that's affected. This can lead to infection, death of bowel tissue or a tear in the bowel, called perforation.

Intussusception is the most common cause of intestinal obstruction in children younger than 3 years old. The cause of most cases of intussusception in children is unknown. Though intussusception is rare in adults, most cases of adult intussusception are the result of an underlying medical condition, such as a tumor.

In children, the intestines can usually be pushed back into position with a minor procedure. In adults, surgery is often required to correct the problem.



Intussusception