

中文題目：肺復原團隊早期介入於老衰族群之效益研究

英文題目：The effectiveness of early interdisciplinary pulmonary rehabilitation in the elder group

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Background: In our Geriatrics and Gerontology ward, pneumonia was the major cause of repeat admission and prolonged hospitalization. Pneumonia was also one of the leading causes in Taiwan for years. Among the patient died of pneumonia, 91% cases were older than 65-year-old, and half cases were older than 85-year-old. Taiwan had become aging society since 2018, and was predicted to be super-aged society in 2026. Aging might increase both the medical cost and care burden. ◦

Material and Method: We started early intervention of interdisciplinary pulmonary rehabilitation since 2017 in patients with pneumonia and admitted to our Geriatrics and Gerontology ward.

Pulmonologist was consulted to evaluate the condition of patient on the day of admission or coming morning. Patients with unstable hemodynamics, desaturation, coagulopathy, open wound, or ribs fracture were excluded. Then the respiratory care team initiated chest physical therapy with vibrator, and tried to train respiratory muscles or extremities. The nurses taught the care givers and confirmed their skills.

Result and Conclusion: The stay of hospitalization was shortened and usage of antibiotics was decreased in the intervention group with early pulmonary rehabilitation in this study. In conclusion, pulmonary rehabilitation may help old-aged patients suffering from pneumonia. We need to recognize the old-aged patient with frailty and poor cough ability, and started pulmonary rehabilitation soon.