



# 子どもや家族の主体的な闘病を支えるための研究 検査や処置を受ける子どもへのプレパレーションの実践と普及

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処置

## ●研究内容

プレパレーションとは、検査や医療処置、看護ケアを受ける際の心理的準備を医療者が行うことにより、子どもや家族がそれぞれの行為に主体的に取り組めるよう援助することです。いかに具体的にわかりやすく成長発達や理解度に応じた説明の工夫を行い現状に取り入れていくことができるか、実践を通して検討しつつ、看護学生や看護師たちに教授し普及していくための方法も模索しています。

人形や医療器具の模型と実際に使用する医療器具を用いて、子どもの感情の表出を促しながら、看護ケアや医療行為の説明をわかりやすく行うこと、痛みのある処置の際に気を紛らわす方法の工夫、手術や侵襲の大きな検査や処置の後に気持ちを解放しストレスを発散させる方法について検討しています。

参考文献；手術を受ける子どもへのプレパレーションの実践と普及の検討ーキワニス人形と木製模型を用いた方法を試みてー、人間と科学、6(1)、71—81、2005 - 3

また、これらの実践が子どもにとってどのような心理的・身体的な効果をもたらすのか、短期的、長期的な視点をもって客観的に評価していくこと、子育て支援の一つとして家族(親)への援助とどう結び付けていけるか、小児看護の専門的技術として保険点数化を実現することが課題となっています。

## ●期待される成果と応用

検査や処置への恐怖心や不安が緩和され、医療による心理的侵襲や成長発達への悪影響を予防し、子どもや家族の主体的な闘病を支えることにつながるのではないかと考えています。

また、子どもに対するインフォームド・コンセントのあり方を考え、子どもや家族の権利保護を主眼においた具体的な実践を普及することによって、医療・看護の質の向上を図ることができると考えています。

## ●想定される連携先

病院、児童福祉施設、保育所、小・中学校  
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## Supporting the autonomy of children and families in medical treatment: Practice and diffusion of preparation for children undergoing medical examinations and procedures

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Specialist field: Pediatric nursing  
Keywords: Child, family, autonomy, preparation, care model, pediatric nursing

### • Description of research

“Preparation” in pediatric nursing is defined as the provision of support for promoting the psychological readiness of children and families prior to medical examinations, procedures and nursing care so that they can engage autonomously in these activities. In addition to examining ways in which nurses and other medical staff can put into practice concrete, easily understandable methods appropriate to stages of development and levels of understanding and utilize these methods in the clinical setting, this research explores ways of teaching and the diffusion of preparation methods to nursing students and nurses.

This study also examines issues such as the use of dolls and model medical equipment, as well as real medical equipment, to explain nursing care and medical procedures in an easily understandable way and to encourage children to express their emotions; methods used to distract children during painful treatment and the creation of a positive environment; and helping children to release emotions and stress after surgery or highly invasive tests or treatment.

These types of practice not only seek technical ways of providing explanations using tools within basic pediatric nursing care models, but are also important as a way of thinking about the significance of practice from the perspective of protection of the human rights of children and families in the clinical setting. This raises issues such as objective evaluation from short- and long-term perspectives of the psychological and physical effects on children, and the possibility of providing help to families (parents) as a form of childcare support.

### • Expected results and applications

These types of practice are expected to be linked to supporting the autonomy of children and families in medical treatment, easing fear and anxiety about medical examinations and procedures, and preventing psychological damage and negative effects on growth and development.

Furthermore, by thinking about how to provide medical information to children and families, and by promoting specific practice with a primary emphasis on the protection of the rights of children and families, it should be possible to improve the quality of medicine and nursing.

Another anticipated result is the deepening of collaboration with professionals in various child-related fields through application to childcare and education and information exchange in these fields.

### • Possible collaborators

hospital, pediatric department, nursery school, medical and nursing university, educational institutions, production company of medical teaching materials

### Related literature

- Use of the Drawing Technique in Nursing Assessment, *Journal for Specialists in Pediatric Nursing*, Vol.10, No.4, 189-193, 2004.
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