

# 移植外科病房復能健康大道

移植外科 A212病房 | 龍藉泉主任、王麗玲護理長、張詠荃職能治療師、鄔恒斐專科護理師、林湘縈專科護理師、張寧潔護理師、顏珮鈞護理師

## 摘要

對於末期肝、腎疾病的病人而言，器官移植是提高存活率，並改善生活品質的唯一選擇。器官移植後的身、心理功能與自我健康管理狀況，關係到移植的成敗，以及未來的生活品質，因此在移植手術後，如何衛教必要知識、預防跌倒，鼓勵病人安全地下床活動，使病人早日重拾生活功能，離院並重返家庭、社會，是移植外科團隊一直持續努力的目標。

本專案根據文獻回顧，設計、安裝虛擬實境體感系統，應用於移植後復健，並導入行動類輔具及簡易復健道具，強化跨團隊合作模式。109年04月及05月之滿意度問卷調查，平均分數獲得4.8/5分。本計畫已初步更新跨專業團隊合作SOP，並完成虛擬實境系統之規畫，未來將持續增加系統內容、比較使用虛擬實境復健與傳統復健之成效差異，更新出院服務SOP，規劃將虛擬實境復健系統納入標準作業模式，增進整體醫療品質。

關鍵詞：虛擬實境復健、器官移植。

## Abstract

For patients with terminal liver and kidney disease, organ transplantation is the only option to improve survival and quality of life. The physical, mental function and self-health management status after transplantation is related to the success or failure of transplantation. Therefore, the length of hospital stay, self-management of health, fall prevention, and early off-bed activity are essential in post-operation care.

This project designed and set up virtual reality rehabilitation system and applied on post-op patients, purchased walking and rehabilitation device to prevent fall and enhance recovery, and reinforced cross-professional cooperation. The satisfaction questionnaire of 2020/04-05 showed 4.8/5 scores. This project had re-new cross-professional cooperation SOP, and established the system of virtual reality.

Future work included: increasing the variability of motion sensing game, comparing the effectiveness between traditional rehabilitation and virtual reality rehabilitation, and planning to bring the virtual reality rehabilitation into post-op ward-standard care procedure.

Key words: Virtual reality rehabilitation, transplantation.