

兒童醫療程序-舒適安撫姿勢 COMFORT POSITIONING FOR CHILDREN DURING PROCEDURES

這些姿勢提供安全感和舒適感，同時讓醫護人員安全進程序。
These positions provide security and comfort while allowing medical staff safe access for procedures.



胸對胸
Chest to Chest

讓孩子跨坐在家長身上，並給予安穩的擁抱
Allow the child to straddle the parent and have a secure hug.

大人使用腋下及前臂固定孩子的雙臂，保持不動且安全。
Use underarms and forearms to hold child and keep child's arms still and safe.



背靠胸
Back to Chest

大人用雙臂環抱孩子
Wrap both arms around the child in a comforting hug.

若坐在床上，大人也可以用雙腿環繞孩子，以固定孩子的雙腿與雙臂
If sitting on the bed, the adult can also wrap their legs around the child to keep child's legs and arms still.



如何在醫療程序中幫助兒童應對：

1. 讓照護者參與
2. 在執程序前，先告知照護者即將發生的步驟
3. 保持冷靜放鬆，語氣溫柔緩慢
4. 給予孩子肯定與讚美
5. 調整姿勢，讓孩子能看到或觸碰到照護者
6. 對孩子誠實
7. 握住孩子的手
8. 提供適當的轉移注意力方式（依孩子需求個別化規劃）

舒適安撫姿勢有助於在醫療程序中減輕兒童的疼痛和焦慮。

Comfort positioning helps reduce pain and anxiety during medical procedures by keeping children close to their caregivers.

根據孩子的年齡、程序類型和舒適度選擇最適合的姿勢。

Choose the position that works best for your child's age, procedure type, and comfort level.

請勿強行按住孩子
Avoid holding child down.



嬰兒安撫包裹法
Infant Swaddle

親密接觸 + 輕柔拍撫及有節奏的聲音
Close contact with gentle patting, soothing rhythmic voice/sounds
包裹時露出需治療的肢體
Swaddle leaving limb out for procedure

可考慮 Consider:

- 程序前2分鐘給予蔗糖水或母乳
Sucrose or breastfeeding 2 minutes before
- 必要時提供安撫奶嘴
Offer pacifier if appropriate



側躺
Side Lying

大人俯身擁抱孩子，將孩子的雙手保持在腰部以上。大人身體輕柔而安穩的壓力，有助於孩子保持冷靜與不動

Trusted adult leans over to embrace the child, keeping their hands above the waist. The gentle pressure of the adult's body helps the child stay calm and still.

大人可以將上方的腿輕輕跨在孩子的腿上，以保持孩子身體平穩不動。
Adult can place their top leg over child's legs to keep child's body calm and still

How to help children cope during medical procedures:

1. Involve the caretaker
2. Educate the caretaker before the procedure
3. Stay calm and relaxed. Speak slowly and in a gentle tone.
4. Position the child so they can see or touch caretaker
5. Be honest with the child
6. Hold the child's hand
7. Provide distraction (individualize the plan)

如需更多資訊，請諮詢您的醫護人員
For more information, please speak with your healthcare provider.