

探討自來水或無菌生理食鹽水於急性傷口清潔之成效

一、臨床情境描述：

臨床處理急性傷口，主要以大量無菌生理食鹽水先進行傷口清洗，再佐以優碘、chlorhexidine 等消毒傷口。然民眾居家傷口自我照護或到院前傷口處理，常僅以自來水做簡單的傷口清洗再做消毒，後續也未發生傷口感染等問題。臨床我們也發現以生理食鹽水清洗傷口，只能一手倒溶液，單手刷洗傷口，操作不便、影響清潔度，也增加衛材成本。所以提出以下問題：「以無菌生理食鹽水或自來水進行第一次急性傷口清潔，對傷口清潔度、感染率與癒合率的影響？」

二、PICO：

問題元素	PICO 1/ 關鍵詞	PICO 2/ 關鍵詞	PICO 3/ 關鍵詞	PICO 4/ 關鍵詞
P	急性傷口之病人 acute wound、wounds and injuries 【MeSH】			
I	自來水 water 【MeSH】、tap water、running water			
C	無菌生理食鹽水 sterile normal saline、normal saline、saline			
O	傷口清潔度 wound cleansing、 wound irrigation、 wound culture、levels of bacterial count	傷口感染率 wound infection【MeSH】 、infection rate	傷口癒合率 wound healing【MeSH】 、healing rate	衛材成本 costs
Study	Systematic review or meta-analysis			
問題類型	治療/預防/預後	治療/預防/預後	治療/預防/預後	成本

三、能回答問題臨床情境的最佳文獻：

Fernandez, R., Griffiths, R., & Ussia, C. (2002). Water for wound cleansing.

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Fernandez, R., & Griffiths, R. (2012). Water for wound cleansing. *Cochrane*

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- and pressure in wound cleansing. *JBI Reports*, 2(7), 231-270. (文献4)
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- Hall, S. (2007). A review of the effect of tap water versus normal saline on infection rates in acute traumatic wounds. *Journal of Wound Care*, 16(1), 38-41.
- Henton, J., & Jain, A. (2012). Cochrane corner: Water for wound cleansing. *The Journal of Hand Surgery, European volume*, 37(4), 375-6. doi: 10.1177/1753193412443640.
- Magson-Roberts, S. (2006). Is tap water a safe alternative to normal saline for wound cleansing?. *Journal Of Community Nursing*, 20(8), 19.
- O'Neill, D. (2002). Can tap water be used to irrigate wounds in A&E? *Nursing Times*, 98(14), 56-59.
- Whaley, S. (2004). Tap water or normal saline for cleansing traumatic wounds? *British Journal of Community Nursing*, 9(11), 471-478. (文献3)