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一、臨床情境描述：

一位長期使用呼吸器之患者，口腔清潔會影響呼吸器相關性肺炎(Ventilator-associated pneumonia，VAP)的發生率。臨床上大都以口腔棉枝沾漱口水或生理食鹽水執行口腔護理。最近有一篇報導，說明呼吸器依賴病患，長期使用chlorhexidine會增加死亡率，所以是以生理食鹽水進行口腔護理尤佳。對一個呼吸器依賴患者而言，使用chlorhexidine較生理食鹽水能降低VAP的發生率，不過，chlorhexidine使用久了會增加病人死亡率。請問：若您是病患的主治醫師，您的治療方向為何？

二、PICO：

PICO1：

P：mechanically ventilated patients.

I：oral care.

C：no oral care.

O：increase ventilator-associated pneumonia.

(key word：”mechanically ventilated patients” and “oral care” and “increase ventilator-associated pneumonia”)

PICO2：

P：mechanically ventilated patients.

I：oral care with chlorhexidine.

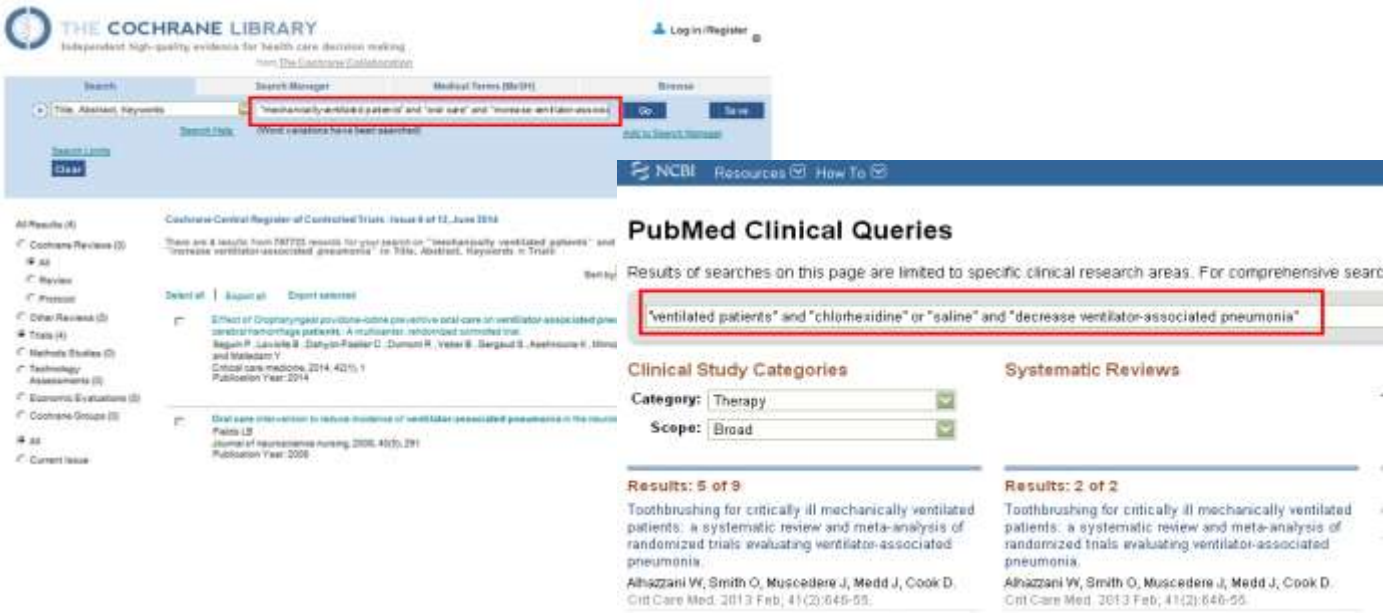
C：oral care with normal saline.

O：decrease ventilator-associated pneumonia.

(key word：”ventilated patients” and “chlorhexidine” or “saline” and “decrease ventilator-associated pneumonia”)

三、搜尋過程&最佳文獻(依照上傳順序)：

經由Pubmed、Cochrane、BMJ及JAMA等資料庫，分別輸入上述keyword，搜尋出較符合的文獻共12篇，經過篩選，排除與PICO不符合的文獻後，挑選下列5篇。



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