

気分変動の激しい統合失調症患者への気持ちの言語化がもたらした変化

～交換日記を用いた面接による暴言・暴力の減少へ向けた取り組み～

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Emotional changes brought about by verbalization of emotions in schizophrenics with mood instability

～Initiatives to reduce verbal and physical violence by interviews by exchanging diaries～

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要旨

気分変動が激しく暴言・暴力を繰り返す A 氏に、自分の気持ちの言語化を促すことによって、暴言・暴力が減少するのではないかと考え、交換日記を用いた面接を行い、関わりがもたらした変化について検討した。A 氏の精神状態が落ちついている時に、A 氏が話したいことについて自室で専用の交換日記用紙を用いた面接を、看護師と約 2 ヶ月間行った。A 氏は、介入当初は、面接をきっかけに暴言に繋がることもあったが、気持ちを言語化することで落ち着きを感じるようになり、積極的に面接に取り組んだ。面接を行うことにより、看護師の患者理解が進み、患者-看護師関係の構築に繋がった。その結果、現実的な会話が增え、治療に対する積極性が得られた。暴言に変化はみられなかったが、暴力は減少し、攻撃性は言語的なものに限られてきた。鳥取臨床科学 8(2), 129-135, 2017

Abstract

A patient A, who has intense mood instability, repeatedly manifests verbally and physically violent behavior. We wondered if we could reduce her violent words and actions by verbalizing her feelings. Thus, we conducted interviews by exchanging a diary with her, and examined how this interaction affected her. For two months, nurses conducted interviews in her room using a special paper for exchange a diary at moments when she was relatively mentally stable to about what the patient A wanted to discuss. In the initial stages of intervention, the interviews triggered verbal violence in the patient A; however, by verbalizing her emotions, she seemed to become calmer, and started to participate proactively in the interviews. By conducting the interviews, the nurses' understanding of the patient improved, which led to constructing a good patient-nurse relationship. Consequently, the patient A began speaking about realistic topics more frequently, and she became more positive about treatment. Although she remained verbally violent, she became less physically violent, and her aggression became reduced to verbal aggression only. Tottori J. Clin. Res. 8(2), 129-135, 2017

Key Words: 精神科病棟, 統合失調症, 交換日記, 面接, 患者-看護師関係; psychiatric ward, schizophrenia, exchange diary, interviews, patient-nurse relationship