



# Educational Resources in International Languages

## 第一章：动脉血气取样



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## 介绍

动脉血气 ( ABG ) 样本能帮助评估病人的呼吸及新陈代谢功能。医生可通过测量样本中氧气和二氧化碳的含量，给出一份较完善的呼吸功能临床评估。同时，分析还能观测代谢障碍的迹象和机体对新陈代谢的代偿。

## 适应症

虽然有很多种适应症，但对于任何出现严重不适或有呼吸技能障碍的病人，动脉血气检测都应该被考虑在内。一些血液报告还会提供乳酸、血红蛋白和一些电解质的指标。

## 准备

向考官表示你会在接触病人之前将手洗干净。接下来向考官自我介绍，说明你的角色，并且确认病人的身份。然后说明你接下去的步骤以及处理过程中常见的并发症，比如说疼痛、出血、淤青等等。同时要征求病人的同意。

## 询问/删选问题

- 习惯用手是哪只？
- 病人对乳胶过敏吗？
- 抗血凝素的使用

位于手腕处的桡动脉是最敏感和最易被找到的一个部位。如该处出现感染、发炎、疤痕，则应避免从该处采血。动脉血液样本一般从桡动脉抽取，但是其他类似股动脉的位于大肢干的血管也可以作为血液源。

如ABG血源采于桡动脉，在取样之前应用Allen测试对病人进行测验。

- 用双手同时按压桡动脉和尺动脉
- 在按压血管的同时让病人把手抬起来
- 让病人反复握紧、松开拳头，直到手掌变得苍白
- 松开尺动脉的按压
- 血液灌注如在8秒之内，则检测结果为阴性
- 如果侧支循环良好，则可进行桡动脉采血



图1.1：艾伦测试：首先同时同时按压桡动脉和尺动脉并让病人握紧松开拳头10次，直到手掌变得苍白。



图1.2：艾伦测试：松开尺动脉的按压，正常情况手掌复原应在8秒之内。

## 操作过程

把病人手臂置于于枕头或毛毯上。戴上无菌手套。在确认病人感到舒适安全后将其手掌摊开，找出位于桡侧腕屈肌肌腱侧面的桡动脉。然后用非惯用手触诊桡动脉脉搏最强出的最邻近点，用酒精棉为该处皮肤消毒，使其自然干燥并不再次触碰此处。因为接下去的步骤会有痛感，应先对病人进行局部麻醉。先用惯用手把注射器像钢笔一样握住，然后以45度到60度的上倾角度插入针头，同时用另外一只手触诊动脉处。把针头缓缓地往前推动直到针筒里出现一簇血液。由于桡动脉内气压的存在，大多数注射器不需要吸气。动脉血液通常呈亮红色并且会以跳动的姿态快速涌入注射器。抽取1至2毫升血液，拔掉针管并立刻将其丢入利器箱。让病人抬起手臂并按压伤口5分钟。

## 完成最后操作

完全排出注射器内的气泡，并且用提供的盖子密封起来。给注射器贴上标签，然后用手掌将针筒握住10秒以确保肝素的混合。血样需要立刻分析，或者在收集15分钟内送往化验室。如果无法在规定时间内完成，则需用冰袋将其保存。



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