Nursing Experience in the Treatment of Cervical Spine Injury and Lower Body Spasm Caused by Car Accident in Intensive Care Unit (ICU)

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Background:
According to the statistics done by Ministry of Health and Welfare of Taiwan in 2018, accident injuries ranked sixth among the top ten causes of death. The quantity of people in Taiwan suffering spinal cord injuries each year is about 4 to 5,000. The patients not only go through loss of physical function, but also make their family under loss, grief and negative emotions. Facing the long and arduous treatment, it is a long term and heavy load.

Objective:
Through the Holistic Health Care, assist cases and families to work together to adjust stress, higher life satisfaction and improve future life quality.

Methods:
The following care measures are performed for patient as follows. Physical activity dysfunction: maintaining physical function, developing and implementing care plans. Anxiety: building trust, playing music to relax the mind, providing future Long-term care, (LTC) and employment opportunities. Caregiver role tension: listen and encourage, give mental support, cases sharing and placement experience.

Results:
The care plan can be properly executed in the intensive care unit. The limbs are not contraction or ankylosis. Family and patients will speak out anxiety and concern and seek resolutions to solve problems actively. Assist to apply for supplementary assistance and Long-term care.

Conclusion:
The author uses communication and observation for nursing evaluation and carries out Holistic Health Care for patients' nursing and health issues. Not only formulate an effective nursing plan, the author also successfully stable the mood of the case for maintaining an optimistic attitude and facing future recovery.

Biography
My name is Chia-Hui Yu. I graduated from I-shou University in 2014, in Taiwan. I worked at Neurosurgical Intensive Care Unit in E-DA Hospital from 2014 to 2018. Through the experience of the intensive care unit, I want to know more about the care of the patient after discharge. So since 2019 until now, My work focuses on home care for the elderly in E-DA discharge preparation service department. I hope to learning Holistic Health Care to help more patients who need Long-term care.

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