

要旨

【目的】回復期リハビリテーション病棟の大腿骨近位部骨折術後患者を対象とし、朝食前の手洗いケアによる対象者の回復意欲の量的変化に快反応、および回復への意欲(質)がどのように関連しているかその特徴を記述する。

【方法】1)研究デザイン:混合研究法収斂デザイン。2)対象:大腿骨近位部骨折術後患者 24名、3)手洗いケアの内容:入院5日目から4日間(T1-T4)、一日1回朝食前に手洗いケアを行った。4)データ収集・分析:(1)質的データ:ケア時の発言と各ケア後にケアの感想や回復への意欲をインタビューし、逐語録を作成した。回復意欲に関する発言や語りから、回復意欲向上群・非向上群を抽出し、群別にカテゴリ化した。(2)量的データ:快反応、回復意欲は尺度を用いて評価し、向上群・非向上群別に統計学的解析を行った。5)両種データの収斂:向上群・非向上群別に、快反応と回復意欲の両種データを各々収斂してメタ推論し、各メタ推論を再度収斂して、回復意欲の量的変化に快反応、および回復への意欲がどのように関連しているか、その特徴を包括的メタ推論として導出した。聖路加国際大学研究倫理審査委員会の承認を得た(22-AC118)。

【結果】対象は80歳代51.2%、女性91.7%であった。向上群($n = 13$)は非向上群($n = 11$)と比較し、T3時点でケア前の疼痛が有意に低く($p = .04$)、日常生活動作得点が有意に高かった($p = .03$)。質的分析の結果、快反応として10カテゴリが、回復意欲として6カテゴリが抽出された。量的分析では、両群4日間とも手洗いを全員が気持ちいいと回答し、群間差を認めなかった($p = .78$)。浸漬する動作は、両群T1-T2と比較しT3-T4の得点が有意に高く($p < .01$)、自ら浸漬する変化を認めた。両種データの収斂と適合性は、快反応では両群とも「一致」、回復意欲は向上群のみ「一致」、非向上群では「不一致」を示した。

【結論】回復意欲向上群では、朝食前の手洗いケアにより回復意欲の量的変化と質的变化は一致するが、非向上群では、回復意欲の量的変化と質的变化は一致した反応を示さなかった。この背景には疼痛の程度や日常生活動作の改善度が影響する可能性が示唆された。

Abstract

Purpose: This study evaluated how quantitative changes in patients' motivation for recovery relate to their pleasant responses to handwashing care before breakfast, and the qualitative aspects of recovery motivation in patients with proximal femoral fractures in a subacute inpatient rehabilitation unit.

Methods: A mixed-methods convergent design was used, involving 24 postoperative patients with proximal femoral fractures. Handwashing care was provided daily before breakfast for 4 days (T1–T4), starting on the fifth day of hospitalization. Qualitative data were collected from verbatim records and statements made during care. Interviews were conducted after each handwash to gather impressions of care and motivations for recovery. Participants were divided into improved and non-improved groups based on recovery motivation. Pleasant responses and recovery motivation were evaluated using scales, and statistical analyses were conducted for both groups. The researcher converged both types of data on pleasant responses and recovery motivation in both groups and performed meta-inference. Finally, both datasets were re-converged to derive a comprehensive meta-inference on the relationship between pleasant responses and recovery motivation.

Results: Overall, 51.2% of participants were in their 80s, and 91.7% were women. The improved group ($n = 13$) had significantly lower pain levels before care at T3 ($p = .04$) and significantly higher activities of daily living scores ($p = .03$) compared to the non-improved group ($n = 11$). Ten categories of pleasant responses and six categories of recovery motivations were identified. All respondents reported that handwashing felt "good" on all 4 days in both groups, with no significant differences between groups ($p = .78$). Immersion behavior scores for T3–T4 were significantly higher than those for T1–T2 in both groups ($p < .01$), indicating a change in immersion. Convergence and fit of the two types of data showed "congruent" results for pleasant reactions in both groups, while recovery motivation was "congruent" only in the improved group.

Conclusion: Quantitative and qualitative changes in recovery motivation showed consistent responses in the improved group but not in the non-improved group. Pain levels and improvement in activities of daily living may also be influential factors.