

# 照顧工作小訣竅

## 藥物服用及保存

阿公因為有慢性病，每天都要固定吃好幾種粒狀的藥，作為家庭看護該如何協助阿公正確服藥呢？

- ✓ 粒狀的藥物應搭配溫開水服用
- ✓ 記錄用藥時間及方法
- ✓ 保留藥袋及原包裝，不隨意分裝
- 📌 一般藥品只需存放於室溫下且避免陽光直射；除非藥袋或容器有特別標示，才要冷藏。



# เคล็ดลับการทำงานตำแหน่งผู้อนุบาล

## การใช้ยาและวิธีเก็บรักษา



เนื่องจากอากงมีโรคเรื้อรังประจำตัวต้องกินยาเม็ดจำนวนมากเป็นประจำทุกวันในฐานะผู้อนุบาลในครัวเรือน จะช่วยเหลื่ออากงให้กินยาอย่างถูกวิธีอย่างไร?

- ✓ ยาเม็ดต้องกินพร้อมกับน้ำอุ่น

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- ✓ จดบันทึกเวลาและวิธีการกินยา

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- ✓ เก็บถุงยาและบรรจุภัณฑ์ของยาไว้ รวมถึงไม่แยกถุงยา

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- 📌 ยารักษาโรคทั่วไปสามารถเก็บไว้ในอุณหภูมิห้องและหลีกเลี่ยงไม่ให้แดดส่องถึง ยกเว้นฉลากที่ถุงยาหรือกล่องยาระบุว่าต้องแช่เย็น



# Care work tips

## how to use and take care of medication

Grandpa has a chronic illness and needs to take a lot of medication at set times every day. As a care worker how can I best ensure he takes the right medicines at the right times?

- ✓ **Tablets should be taken with warm boiled water**

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- ✓ **Record when and how medication is taken**

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- ✓ **Retain the medication bag and original packaging, do not sub-package medicines**

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- 📌 **Most medication can be kept at room temperature as long as it is not exposed to direct sunlight; Other than where the medication bag or container otherwise instructs do not refrigerate medicine.**



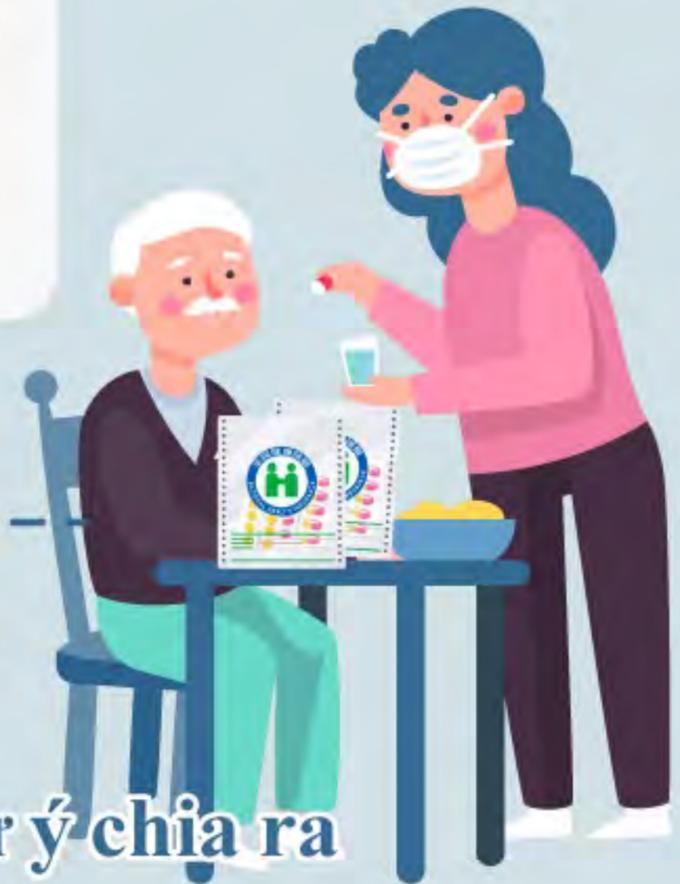
# Lời khuyên dành cho chăm sóc viên

## Uống thuốc và bảo quản thuốc



Vì ông cụ mắc bệnh mãn tính nên mỗi ngày ông phải uống nhiều loại thuốc dạng hạt, tôi là khán hộ công gia đình, làm thế nào để giúp ông cụ uống thuốc đúng cách?

- ✓ Thuốc dạng hạt nên uống với nước ấm.
- ✓ Ghi lại thời gian uống thuốc và cách dùng.
- ✓ Giữ lại các túi thuốc và bao bì gốc, không tự ý chia ra nhiều bao bì.



- 📌 Các loại thuốc thông thường chỉ cần bảo quản ở nhiệt độ phòng, tránh ánh nắng trực tiếp, ngoại trừ những loại thuốc được dán nhãn đặc biệt trên túi thuốc hoặc lọ đựng thuốc, mới cần bảo quản trong ngăn mát của tủ lạnh.

# Tips Kerja Perawatan

## Penggunaan dan Penyimpanan Obat



Kakek menderita penyakit kronis dan harus mengonsumsi beberapa jenis obat dalam bentuk pil setiap hari. Sebagai perawat rumah tangga, bagaimana Anda dapat membantu kakek untuk mengonsumsi obat dengan benar?

- ✓ Obat berbentuk pil/kaplet sebaiknya dikonsumsi dengan air hangat.

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- ✓ Catat waktu dan cara penggunaan obat.

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- ✓ Simpan dalam kemasan asli dan jangan mengganti wadah sembarangan.

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- 📌 Kebanyakan obat hanya perlu disimpan pada suhu ruangan dan terhindar dari sinar matahari langsung; simpan di tempat yang dingin jika ada indikasi khusus pada kemasan atau wadah obat.

