

# 夏季交流会

## 2020/8/30

長野県立こども病院

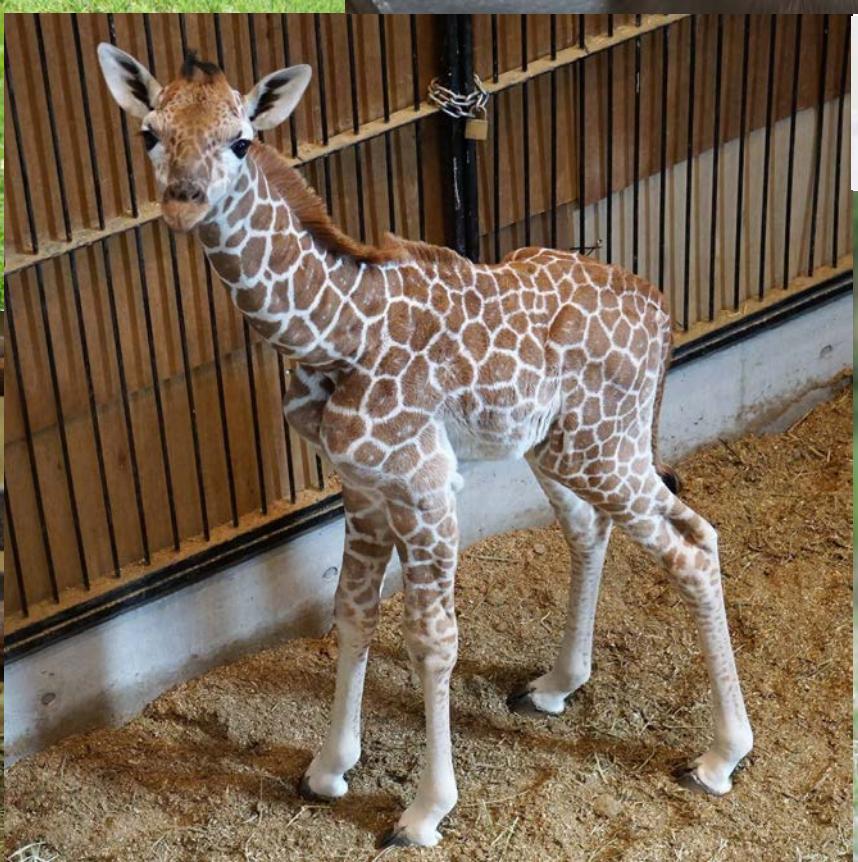
小児科 増田智幸





A young child with brown hair and a white shirt with orange stars, looking towards the right.

Pediatrics





夏季 交流会

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3. 医療現場からみえてきたこと
4. 困ったときの処方箋
5. みなさんへのメッセージ

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# 研修内容

外来



救急

病棟

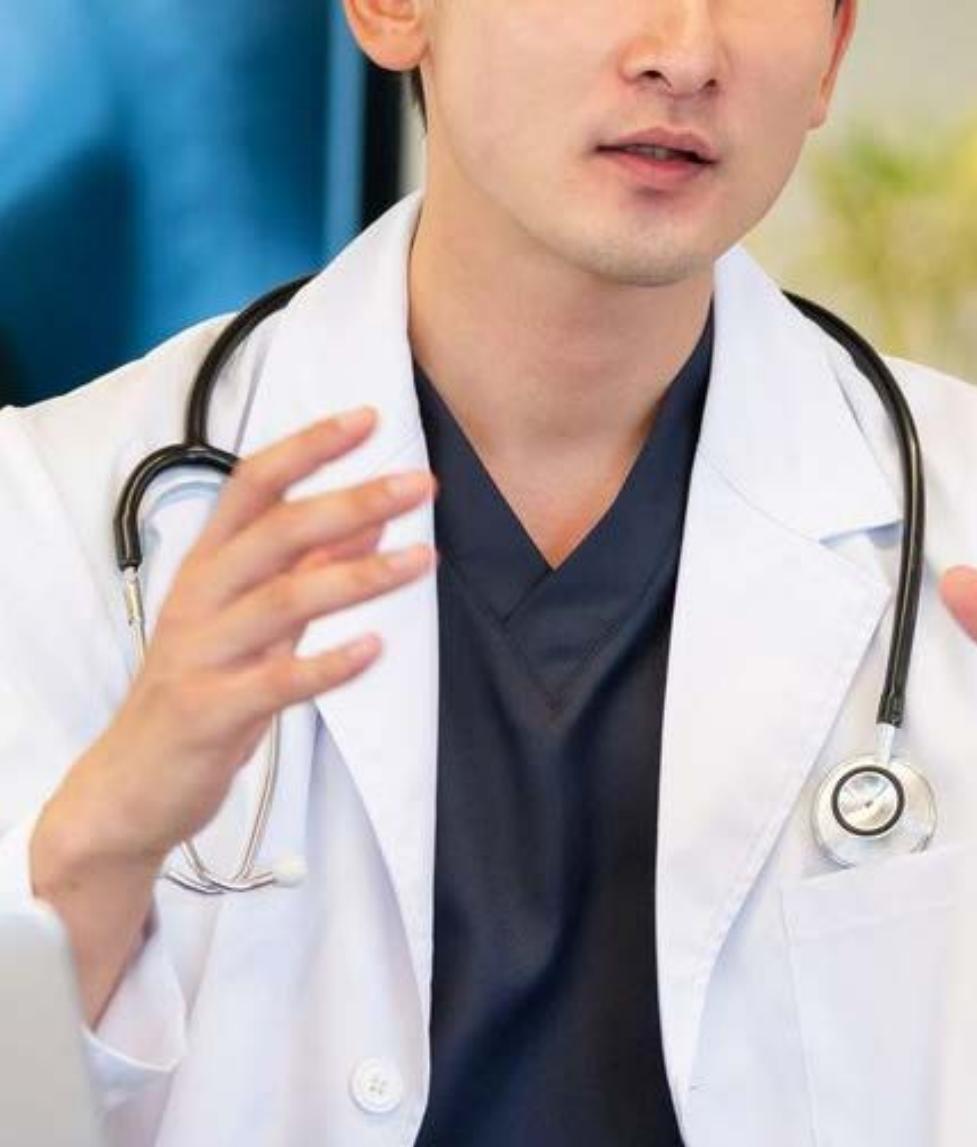
1年目



麻酔

NICU

2年目



Intelligence



Love



Courage



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# イベント発生！

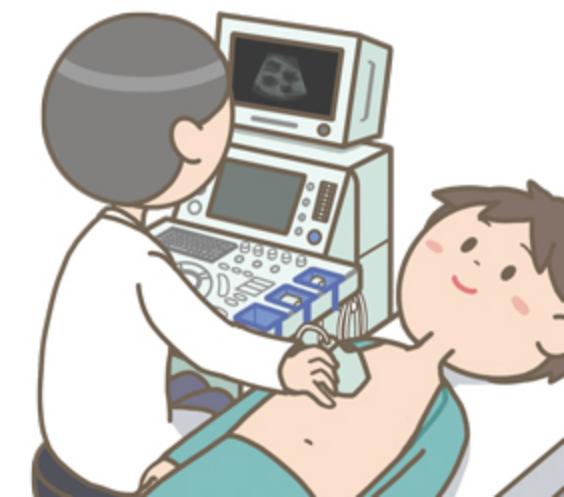
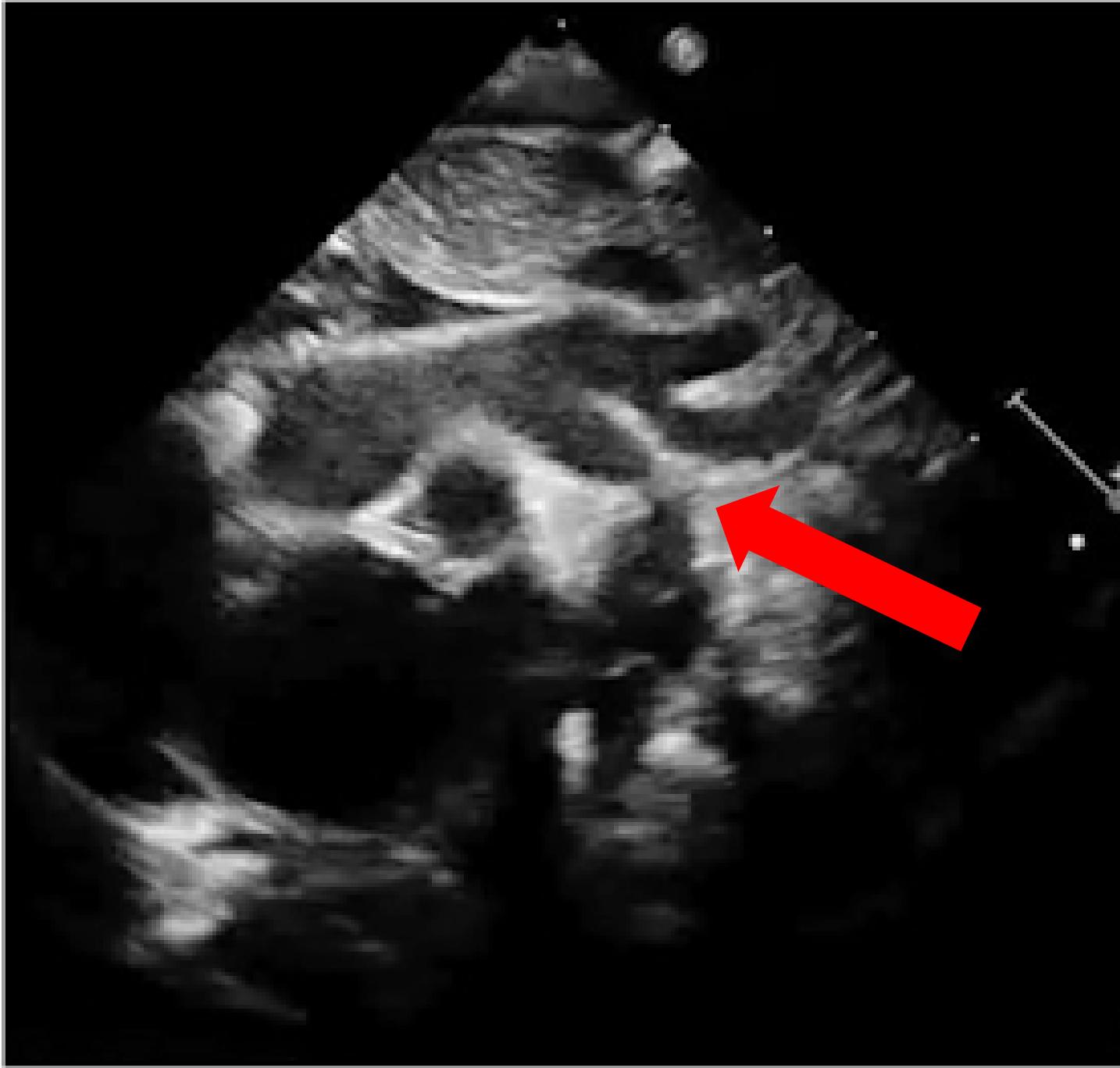
Ns.小鞠さん

「先生！下肢のSpO2が60%です！  
酸素使っていいですか？」

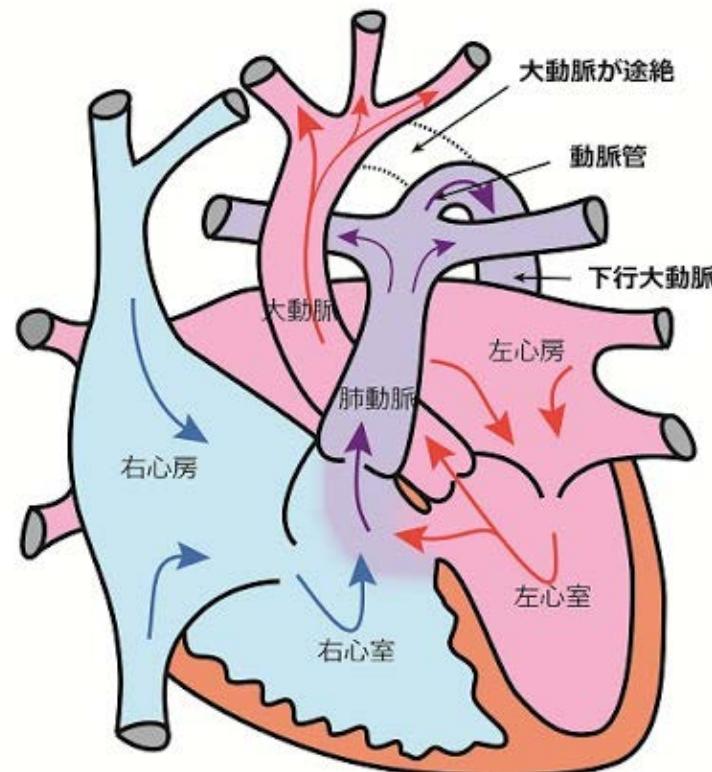


あなたはどっち？





# 診断：大動脈弓離断



- 大動脈が途中で途絶している
- 動脈管を介して下行大動脈に血流が送られる

# 酸素投与の影響

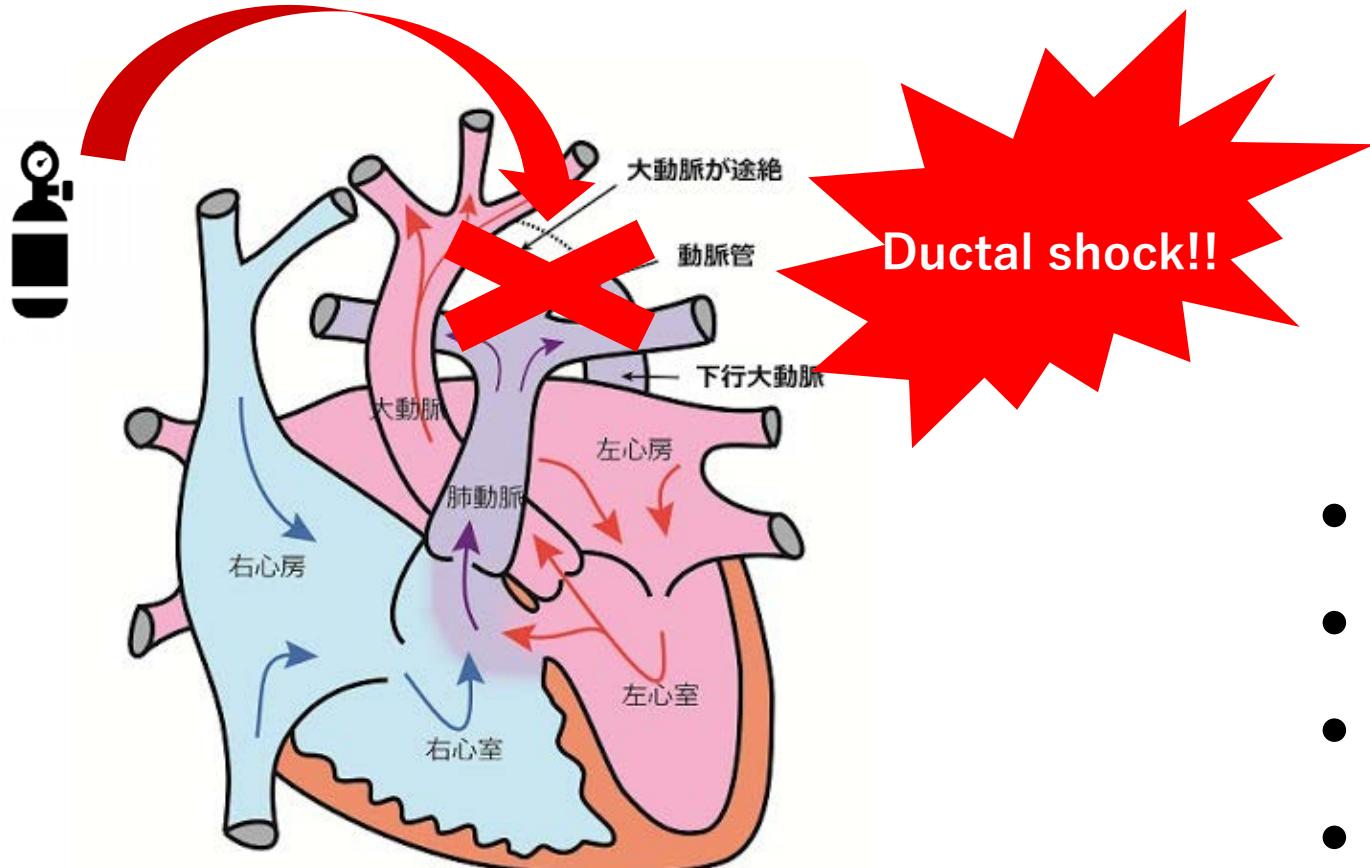
## メリット

- 末梢酸素↑
- 肺胞酸素濃度↑
- 肺血管拡張
- 心機能上昇

## デメリット

- 動脈管閉鎖
- 肺血流増加





- 組織への血流低下
- 著明なアシドーシス
- 腎不全
- DIC
- 最悪の場合…Death

# よかれと思って…

- 「多くの場合」で使っているからと言って、必ずしもその選択が正解になるとは限らない。
- なにか一つの考え方になるとらわれるのは非常に危険。あらゆる可能性を考慮したうえでの行動を。
- 行動に対する「理由付け」の習慣を養って。

# 地道に教科書を読むよりも…

- 教科書には見るべきポイントまでは載っていない。

→最初から「ほしい答え」が分かれば苦労しないのだけれど…

# 教科書に載らない 医療現場の着眼点



重要なのは

ポイント



# ポイントをつかむために

- 先輩や同期、周りの人から新鮮な情報収集を。
- 情報は新しければ新しい方がよい。The Newer, The Better.

# またまた！イベント発生！

「先生！  
入院中のAくんが息してません！  
モニタの心拍は0で脈もふれません！  
どうしたらいいですか！？」





不測の緊急事態、まずすることは？

◆A: 気道確保

◆B: 胸骨圧迫

◆C: ルート確保

◆D: 人を呼ぶ

何か困った事態が発生したら？



人を呼ぼう！！！

- どれだけ準備していても不測の事態が起ころのが実臨床の場。
- 限られた人数では、できることも少ない。
- どれだけ経験を重ねても決して自分の力を過信しないように。あらゆる場面で謙虚な姿勢を目指せるか。

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これから必要になってくる能力





問題点を視覚化する力



準備する力



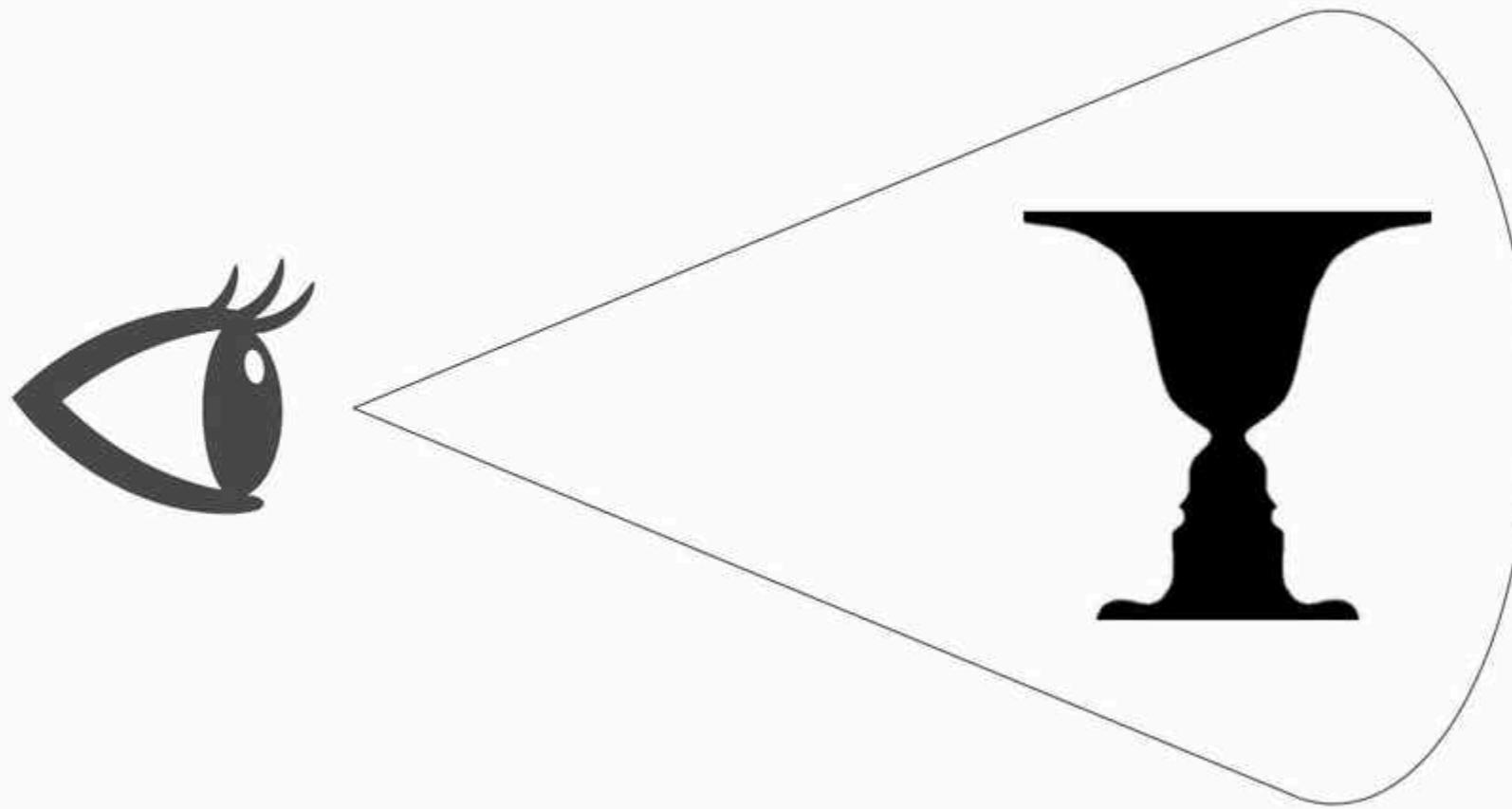
最後までやり遂げる力

A close-up photograph of a person's eyes. The eyes are brown with dark eyelashes. The skin around the eyes is light-colored. The background is slightly blurred.

問題点を視覚化する力



*What are you looking for?*



# 準備する力



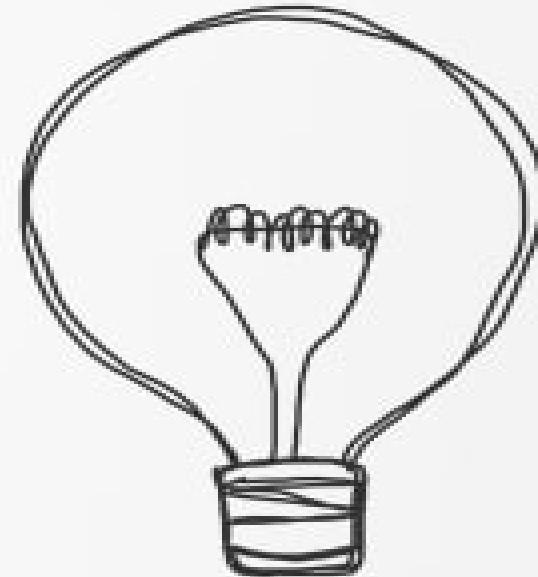
*What*

*Time*

*Select*



# Planning



Check





*Step by step*



準備にどれだけ時間をかけられるか

物事が始まった後では、もう遅い



最後までやり遂げる力

*Done is better than perfect*  
*-Mark Elliot Zuckerberg-*

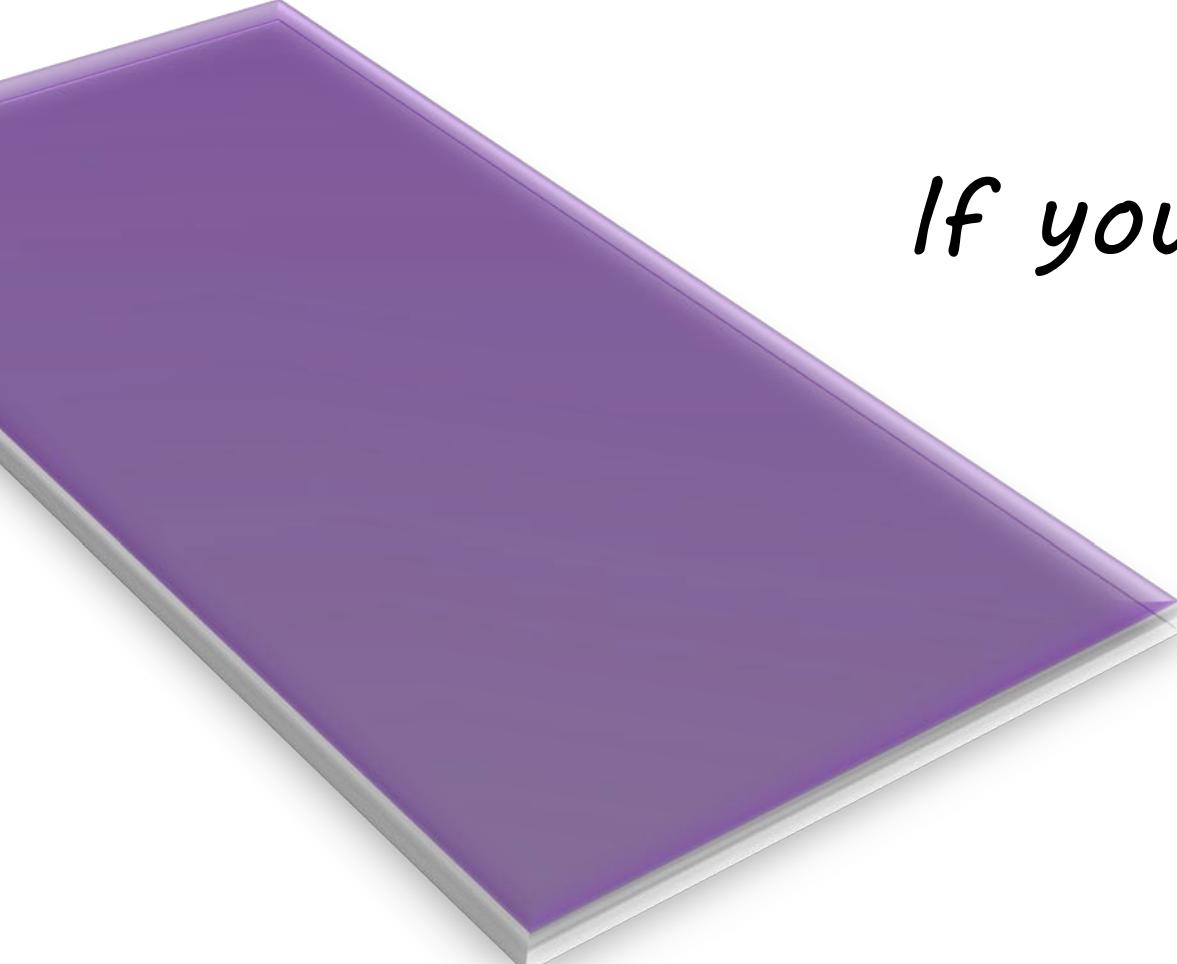
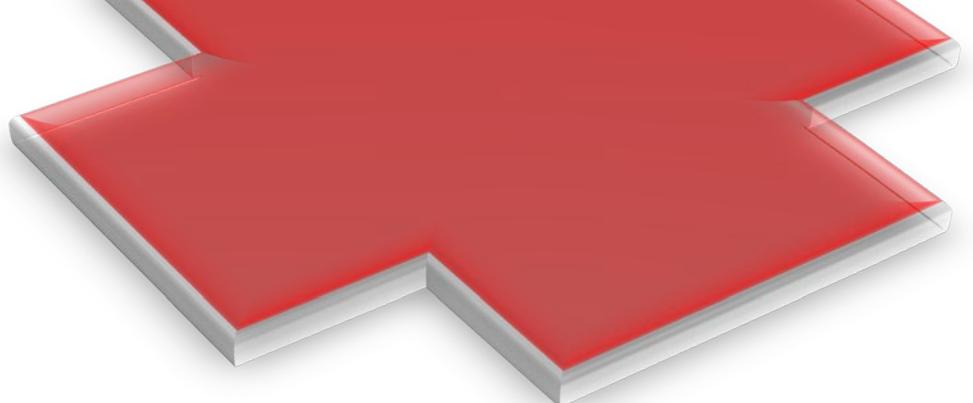


*Challenge*



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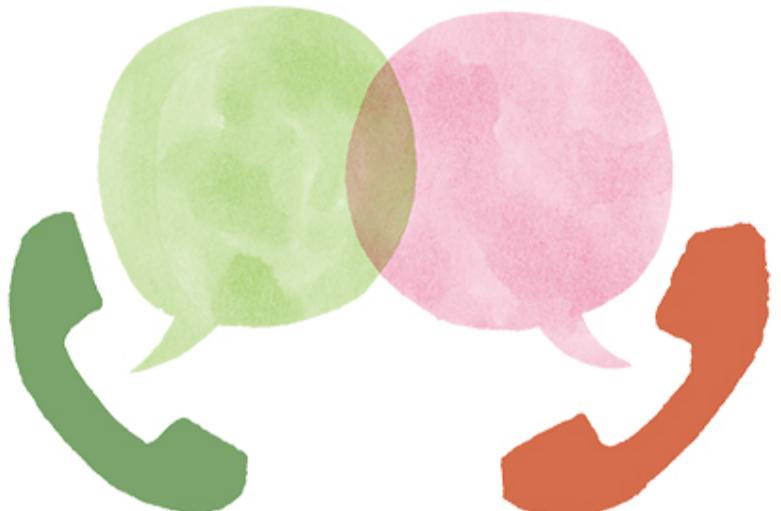


*If you have some troubles...*





とりあえず、相談してみよっか



情けは人の為ならず



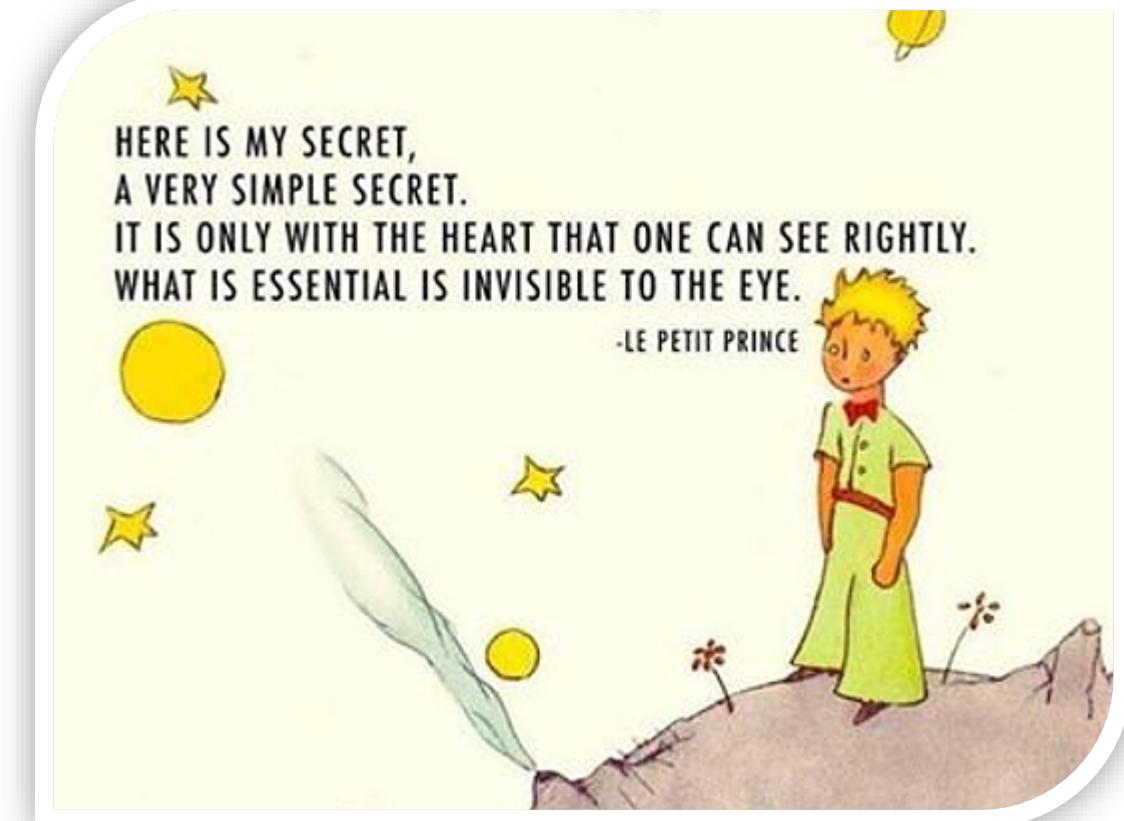
他人の利益を図らずして  
自ら栄えることはできない

— アンドリュー・カーネギー（鉄鋼王）



- *Relationship*
- *Motivation*
- *Voice*
- *Experience*
- *Feeling*

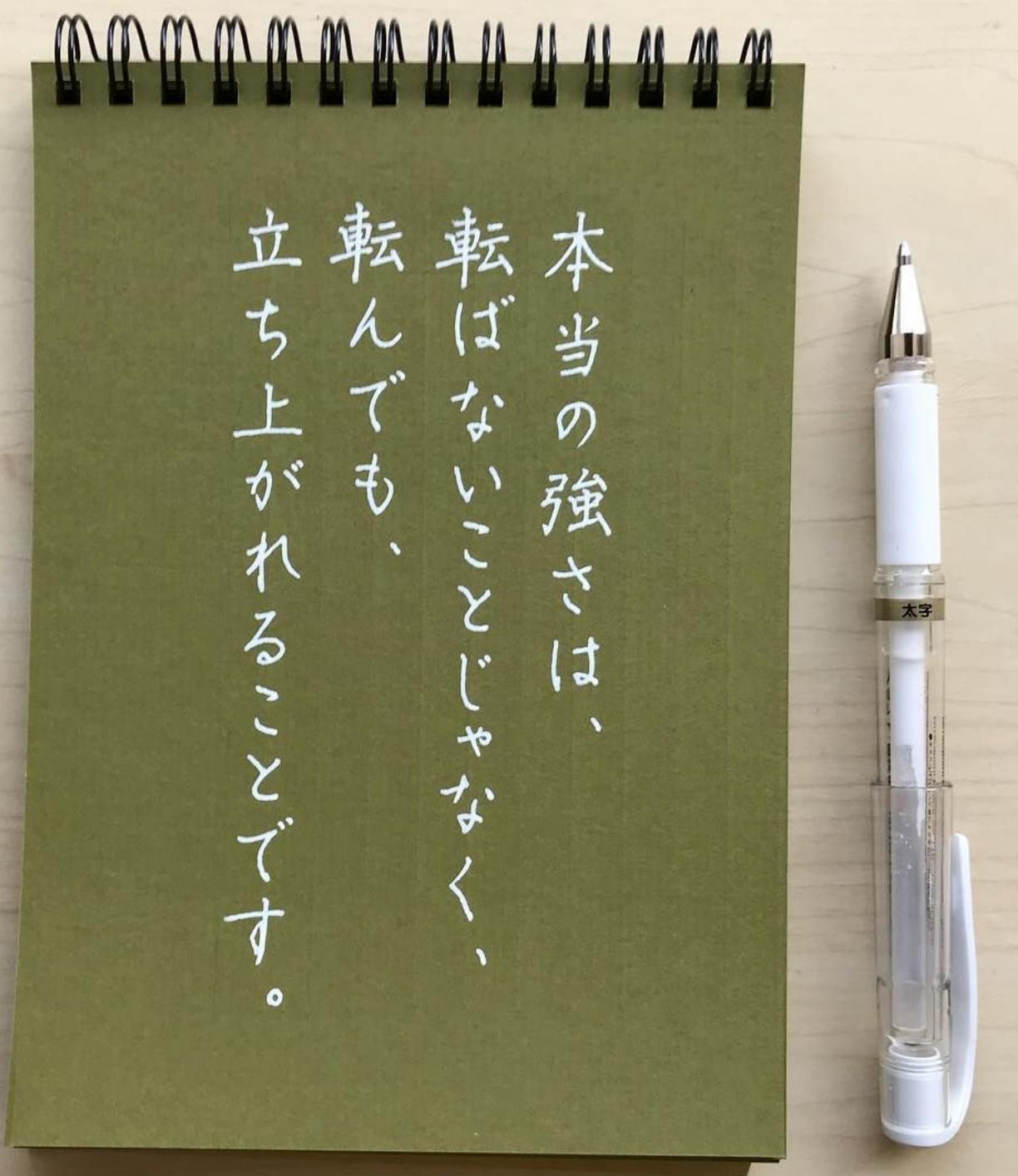
# Essential



一番大切なのは、  
どん底のとき、  
誰がそばに  
いてくれたか。

野村克也

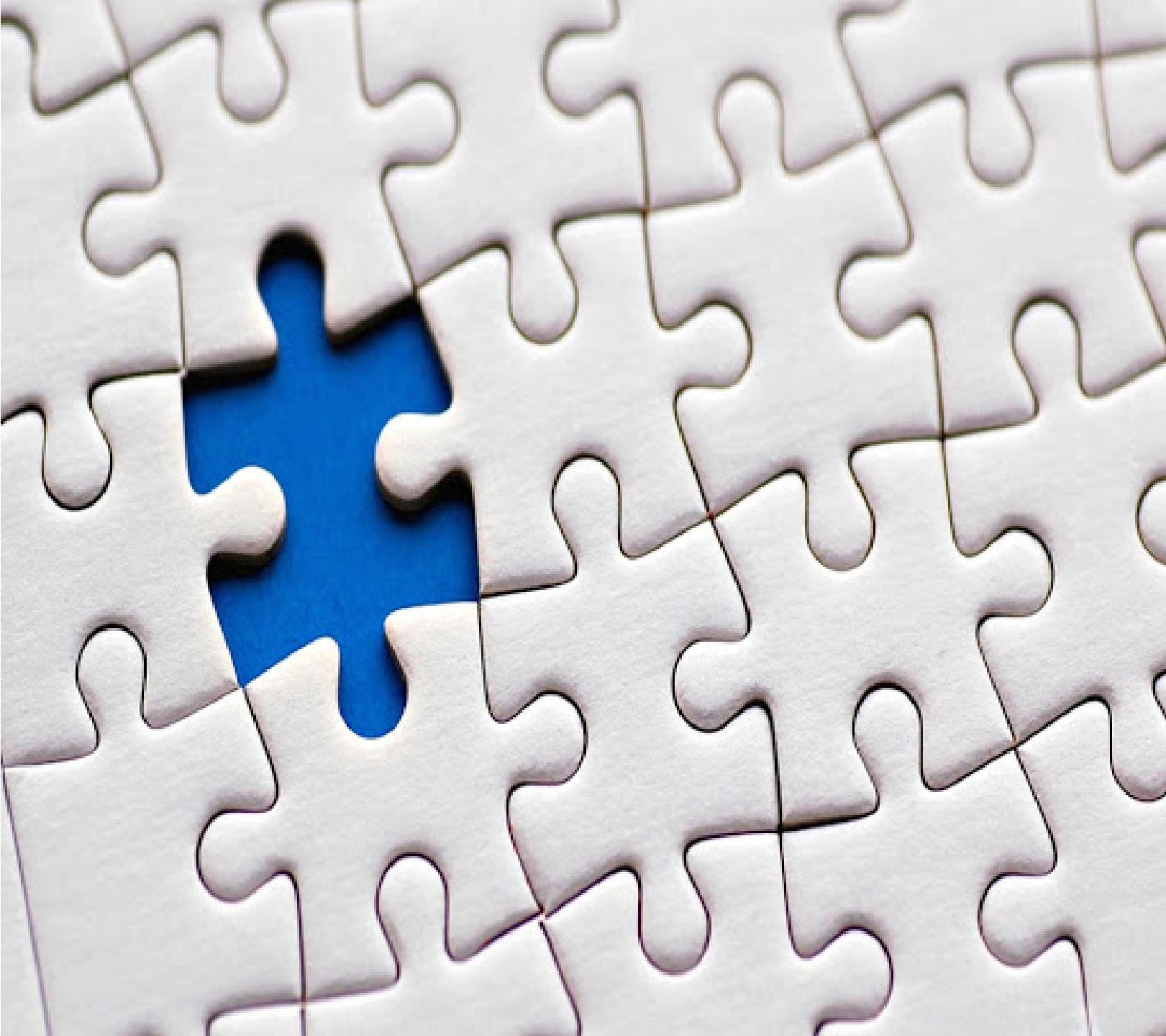
- どん底のない人生はない。
- 程度の差こそあれ、みな苦労しながらも生きている。
- あなたのこと大切にしてくれる人を全力で大事にしよう。

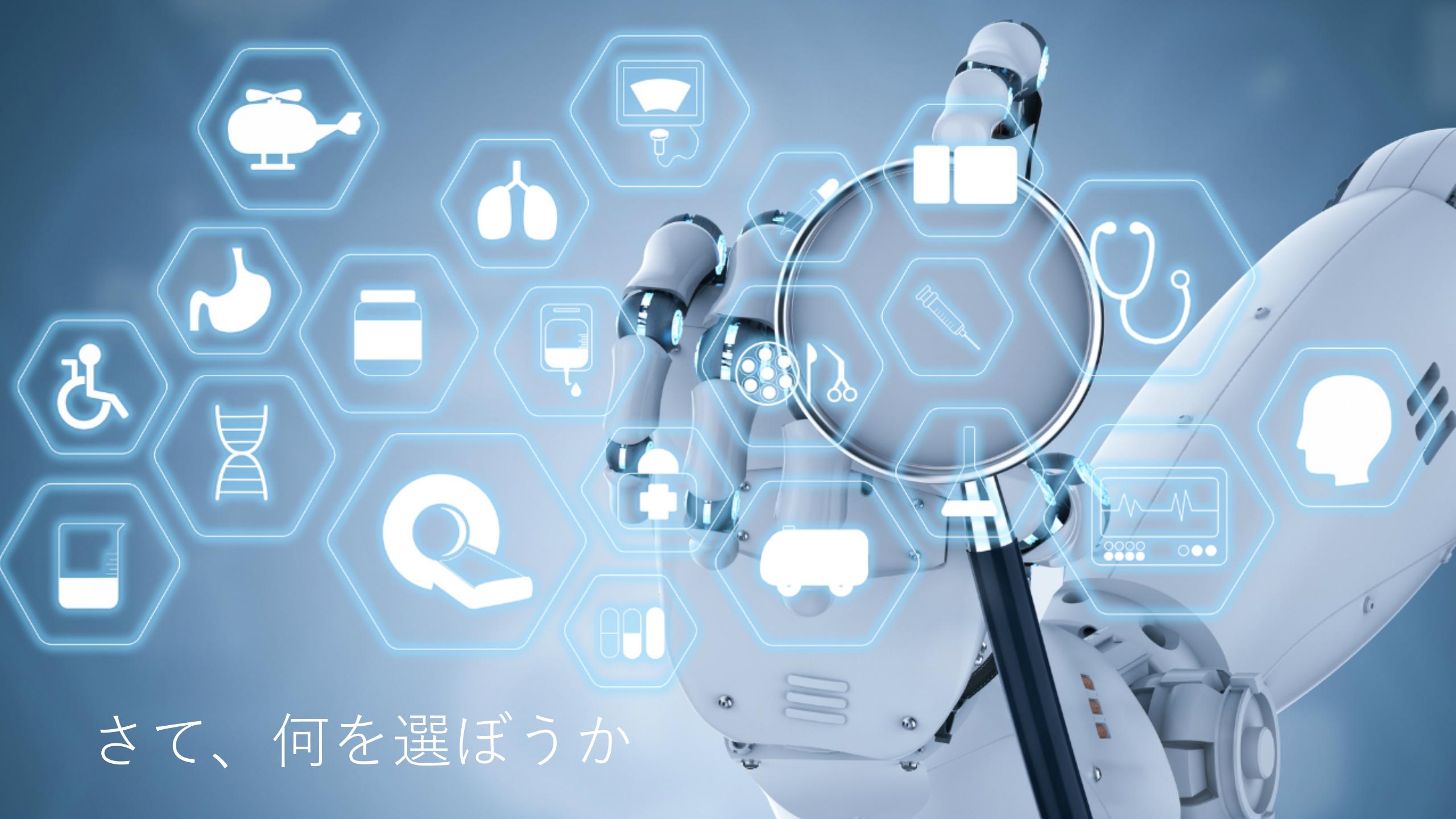


# KEYWORDS



*One for all,  
all for one*





さて、何を選ぼうか

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やりたかったことをやってみよう！





オンとオフの使い分け

# 雑談は大事



## Appalachian Trail

comes and a few  
ing. Balds. (The  
Conference is  
and what other  
threatened, or  
is a plant that is  
and only in  
AT. Climbing  
not be seen from  
NorthCarolina  
to Ontario,  
such blossoms  
as alpine  
Rocky

open the crown of Pees Mountain in  
Pennsylvania.

By the time the warm temperatures  
of July and August blow  
across the AT, culpesters, many of the  
earlier flowers will have disappeared  
and the developing  
berries and fruits will be black  
cobs, rosebay (Georgia to  
southern New England), bee balm  
(Georgia to New York),  
tuberous bellflower (NorthCarolina to  
ironweed (Georgia to New York),  
Joe-pye weed, cardinal flower  
(Pennsylvania to New England),  
wintergreen (Georgia to New England),  
mounding Indian paintbrush, and  
gentian blue, along with  
bergamot, is a member of the mint  
family and has been used as a some

of the

Rocky

open the crown of Pees Mountain in  
Pennsylvania.

This year's children

include six Artistic Design

of the Artistic Design

class.

Class will be selling

handmade

and original

artwork.

So come look, listen, learn,

and have fun.

Children's area of the Chester County

Flower Show.

Activities will include paper

planting, flower

pressing, and

many additional hands-on

activities.

Local schools

and, most of all, local

children will be

available at the

exhibit area.

Exhibit

sponsored by

Jefferson Bank will be presented by

Rudie Institute, Audited.

Stonewall Research

Local Garden Club,

Country Work Association,

Chester County Division of

the Arts, and

the Chester County

Flower Show.

This is a

white, when you are lucky

enough to find one, you probably

that a whole colony of woodland

insects (woodlouse, millipedes,

etc.) are living in the flower.

When you find one, it is a

good idea to leave it alone.

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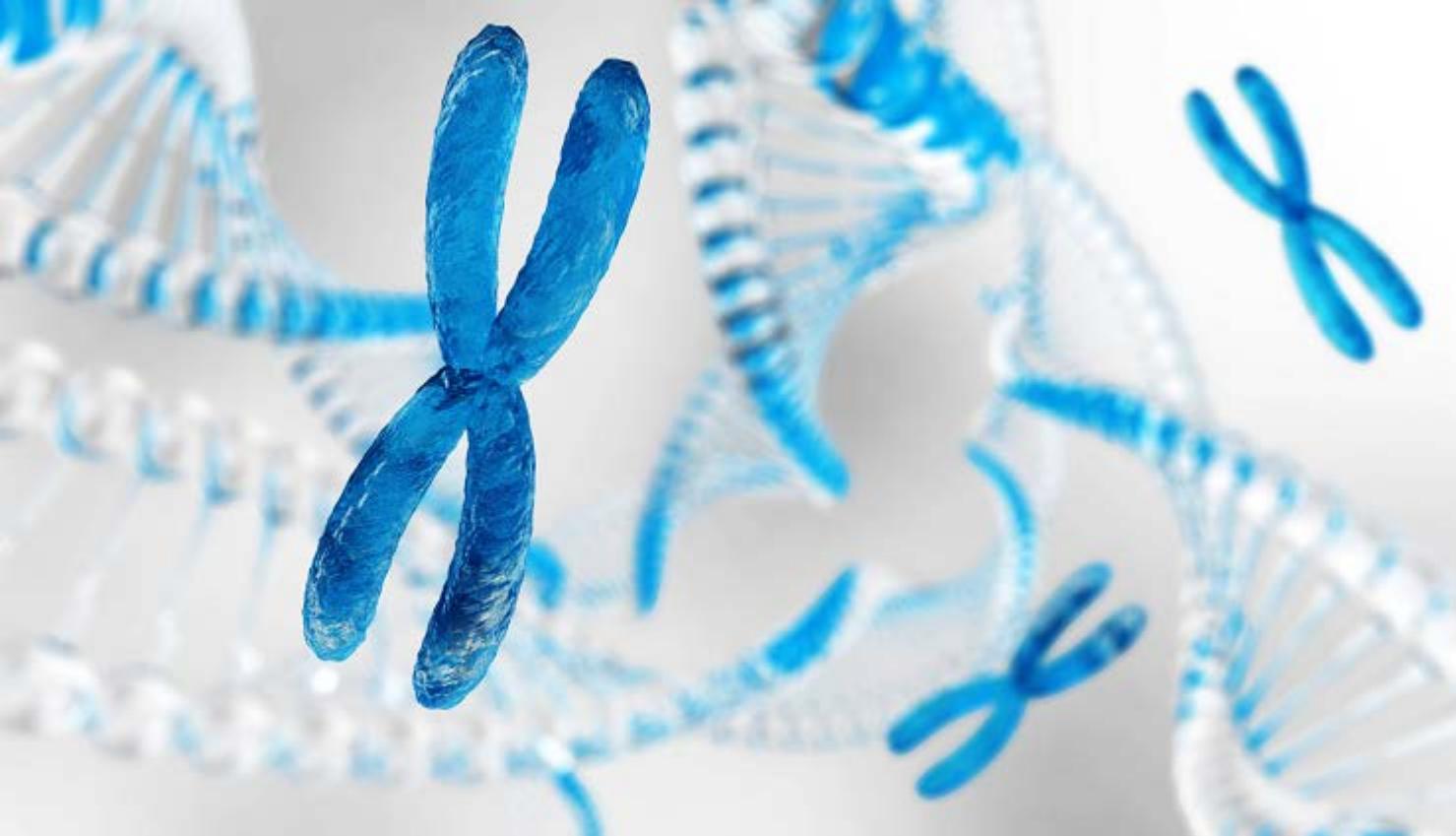
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- 「自分のために」では、なかなか続かない。
- 目の前にいる患者さんのためにできることを探す。

# *Take Home Messeage*

- 人から教えてもらえる「ポイント」を大切にしよう。
- こまめなホウレンソウが着実な一歩になる。
- 人とのつながりを大切に。
- 自分の好きなこと、得意なことを生かしていこう！



Q かきこうりゅうかい ますだ

# Muscle

\*出ません

夏季交流会 増田



経歴

- 松本
- 山形
- あづみHP
- 長野赤十字HP
- こどもHP



Done is better than perfect  
-Mark Elliot Zuckerberg-

可能性は 広がっていく



みなさんへ。

ご清聴、ありがとうございました。

それぞれの場所でがんばりましょう。