



醫療新知

腎友透析後到底適不適合開車

- 關於這項議題，有許多的討論。因為開車本身需要高度的認知和相對應的骨骼肌肉協調。認知功能的異常會造成危險駕駛。相較於一般族群，腎友有較高認知異常的盛行率。
- 國外的研究中心，曾經設計兩份開車異常的問卷，包含主觀和客觀的部分。研究結果指出76%腎友，有開車異常的風險。其背後原因包含洗腎後暈眩、腳無力、麻木、睡著及低血糖。此外，腎友通常服用較多種類的藥物。這些藥物可能會導致視覺、認知，代謝和記憶功能異常。
- 有些研究則認為在頭一周透析，會伴隨較大的虛弱和姿勢不穩。之後，如果能夠清楚「**呼叫**」救援，則可嘗試自己開車。
- 有些更進一步區分絕對和相對風險。曾經在駕駛中暈倒和睡著被列在絕對風險。而相對風險則包含睡眠呼吸中止、透析前虛弱、低血糖風險等。
- 安全駕駛是腎友安全的一環。若腎友必須在洗腎後自行開車，先做好相關風險評估，必能夠將風險降低。

Medical History	
Do you feel dizzy after dialysis?	<input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> No
Do you have weakness after dialysis?	<input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> No
Have you fainted after dialysis (lost consciousness)? (If yes, when was the last time) [mm/dd/yyyy]	<input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> No
Do you have diabetes (documented diagnosis)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you experience hypoglycemia (documented blood glucose below 60 with or without palpitations, sweating, anxiety, tremors)?	<input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> No
Do you experience loud snoring?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have sleep apnea (documented diagnosis)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you ever fall asleep when driving?	<input type="checkbox"/> Often <input type="checkbox"/> Rarely <input type="checkbox"/> No
Driving	
Do you feel comfortable in your ability to drive?	<input type="checkbox"/> Yes <input type="checkbox"/> No
If no, specify reasons	<input type="checkbox"/> Dizziness <input type="checkbox"/> Bad experience <input type="checkbox"/> Passing out <input type="checkbox"/> Decreased reflexes <input type="checkbox"/> Decreased strength <input type="checkbox"/> Other:
How long have you been driving? [# of years]	
Does dialysis affect your driving?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does the amount of fluid removed affect your driving?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Does the amount of time on dialysis affect your driving?	<input type="checkbox"/> Yes <input type="checkbox"/> No
When was your last minor accident? [yyyy]	
When was your last major accident? [yyyy]	
Was there any relationship between dialysis and any accident you have had?	<input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, please provide details:	

TABLE IB. AMA checklist; Am I a Safe Driver?*

Instructions: Check the box if the statement applies to you.
<input type="checkbox"/> I get lost while driving.
<input type="checkbox"/> My friends and family members say they are worried about my driving.
<input type="checkbox"/> Other cars seem to appear out of nowhere.
<input type="checkbox"/> I have trouble seeing signs in time to respond to them.
<input type="checkbox"/> Other drivers drive too fast.
<input type="checkbox"/> Other drivers often honk at me.
<input type="checkbox"/> Driving stresses me out.
<input type="checkbox"/> After driving, I feel tired.
<input type="checkbox"/> I have had more "near misses" lately.
<input type="checkbox"/> Busy intersections bother me.
<input type="checkbox"/> Left-hand turns make me nervous.
<input type="checkbox"/> The glare from oncoming headlights bothers me.
<input type="checkbox"/> My medication makes me dizzy or drowsy.
<input type="checkbox"/> I have trouble turning the steering wheel.
<input type="checkbox"/> I have trouble pushing down on the gas pedal or brakes.
<input type="checkbox"/> I have trouble looking over my shoulder when I back up.
<input type="checkbox"/> I have been stopped by the police for my driving recently.
<input type="checkbox"/> People will no longer accept rides from me.
<input type="checkbox"/> I don't like to drive at night.
<input type="checkbox"/> I have more trouble parking lately.
If you have checked any of the boxes, your safety may be at risk when you drive. Talk to your doctor about ways to improve your safety when you drive.
<small>*Physician's Guide to Assessing and Counseling Older Drivers. American Medical Association/National Highway Traffic Safety Administration/U.S. Department of Transportation. June 2003</small>

參考資料

1. Dialysis and driving: An anonymous survey of patients receiving dialysis for end stage kidney disease, Alison Graver,
<https://doi.org/10.1111/imj.15198>
2. Assessment of Self-Perceived Risk and Driving Safety in Chronic Dialysis Patients. Hemender S. Vats, MD the Department of Nephrology at the Marshfield Clinic in Marshfield, Wisconsin.

資料來源：惠慎診所洗腎室

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