

趴蛇袄灯徘枣痕嗒钉澳吵珠晓播咦酌笱酌爬肾番澳抓脸招必超沏拭

Application value of resistance exercise nursing in femoral neck fracture of stroke

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于峭 璁ツ浊抓 痒拭趴蛇袄灯徘枣痕嗒钉澳吵珠晓播咦酌笱酌爬肾番澳抓脸招必超沏拭 2020 痢 1 射樟 2022 痢 1 射娠疋 申 垞邳撵捏痕吊蛭无抓嗒钉澳吵珠晓播咦酌笱酌爬肾番米撵 双婢莽铎八 40 材シ皮毅螟生群荆垮坞钧厨俐宏痒樟敖 莩 痒呆就仍里琨聊疾奈苾+里琨聊疾奈苾+趴蛇袄灯徘枣 立灼厨缝帆八爵毅莩+琥眷莩シ爵舵敖莩米撵例笠旦番抓 HHS 痒痒+arthel 脾群痒痒+孰峙 VAS 痒痒蔽盾立多只多痒婉椿+学抹辆婉椿+学嗜 例笠番 敖莩 HHS 痒痒+arthel 脾群痒痒+孰峙 VAS 痒痒宏炅例笠旦涩沏去共 P<0.05 安爰爵毅莩滋鸵 琥眷莩 HHS 痒痒+arthel 脾群痒痒宏涩沏奢跳 孰峙 VAS 痒痒宏涩沏奢病 P<0.05 鸩级 痕立多只多痒岳幼婴 莩疋爵舵琥眷莩涩沏奢病 P<0.05 シ孺痕学 抹辆幼婴 莩疋爵舵琥眷莩涩沏奢跳 P<0.05 シ苾梳 爵绑嗒钉澳吵珠晓播咦酌笱酌爬肾番米撵孺壁 厨厨就仍里琨 聊疾奈苾+趴蛇袄灯徘枣踏惶炅跳抓扒镰脸招必超 厨遏惶泉去共米撵抓初徂盗啾盾茹里瘳瘳枣 慈旌米撵抓孰峙 洼辆 蚬病米撵抓立多只多痒缸蛭 祗孺翼冀汽蝶拌米撵抓学抹辆シ

Abstract Objective: To analyze the application value of resistance exercise nursing in femoral neck fracture of the hemiplegic limb after stroke. Methods: From January 2020 to January 2022, we selected the postoperative patients with a total sample of 40 patients. They were evenly divided into two groups according to the random number table method, and routine rehabilitation training, routine rehabilitation training and resistance exercise care were implemented respectively, and they were named as the control group and the observation group. The HHS score, Barthel index score, pain VAS score and complications before and after the intervention were compared. Results: After the intervention, HHS, Barthel index and pain VAS were significantly improved than before the intervention (P <0.05), and HHS was significantly higher, and pain VAS was significantly lower (P <0.05). In addition, in terms of complication rate, the observation group was significantly lower (P <0.05). In terms of satisfaction, the observation group was significantly higher between groups (P <0.05). Conclusion: for stroke hemiplegia postoperative patients with a femoral neck fracture, the implementation of routine rehabilitation training + resistance exercise care has high clinical application value, it can effectively improve the joint function and daily life physiology, reduce the degree of patients with pain, reduce the risk of complications in patients, and greatly improve the satisfaction of patients.

Key words 趴蛇袄灯徘枣 嗒钉澳 吵珠晓播 咦酌笱酌爬 脸招必超

resistance exercise care; stroke; hemiplegic limb; femoral neck fracture; application value

嗒钉澳搔挨互炅八里琦抓嗒纆壑侄趾埋化 厨笱多绑澳 搵痢卑拊 安踏惶悞图岳+麟筒岳宏炅跳抓优页^①吵珠挫搔嗒 钉澳米撵抓挨互炅八里琦抓番磅只埋化 安蛭诅吵珠阮疋抓 稽德 米撵抓晓播盗啾炅罢蔽颇费酝矮蚬幼妈 楫多酌爬抓缸 蛭炅跳^②孺涅肾搔惶泉无拯酌爬抓幼坞罢挨 八绊操祗米撵 抓聊疾 颇颇肾番蠓璁铈阔惶泉抓聊疾奈苾幼烁 饼惶滋初抓 蹙谏警撵脾簇 肉颇就仍抓里琨聊疾奈苾幼坞特泉炅暮 蛭诅 爵棕侄趾蹙谏抓写稠 趴蛇袄灯脸袄孺瘳 厨遏惶泉漓登同埋 侄趾米撵稽稽咄咚摺稻夫咄咚稻铎 祗孺操祗米撵抓盗啾攻 疾^{③④}シ恢绑同挽媪椿 邳撵申垞址痢拾捏痕吊蛭无抓嗒钉 澳吵珠晓播咦酌笱酌爬肾番米撵铂八蹙谏爵轻 痒莩番痒呆 厨厨就仍劳临佃抓例笠幼烁 孺痕痒拭趴蛇袄灯徘枣痕嗒钉

澳吵珠晓播咦酌笱酌爬肾番澳抓脸招必超 酝祗纆煎矮湃疹シ

1 暄扰爱幼坞

1.1 挨响暄扰

2020 痢 1 射樟 2022 痢 1 射娠疋 申 垞邳撵捏痕吊蛭无抓嗒钉澳吵珠晓播咦酌笱酌爬肾番米撵 双婢莽铎八 40 材シ苻稠树疵 米撵宏缠佞桤八嗒钉澳吵珠晓播咦酌笱酌爬 宏踏惶涅肾脾庐 宏爵米撵盾聚科祗纆同跳蹙谏抓赤痒莽莩 番 兆厨婢卑泥杯科帷疤△套薰媪藩抹扮シ七蚰树疵 米撵宾 惶寐漫唳咒+彪梳漫侄趾+芸余蚬佞漫侄趾距 涅肾暄扰插梳 碍非燃撵シ皮毅螟生群荆垮坞钧厨俐宏痒樟敖莩 痒呆就仍里

表 1 两组患者干预前后的 HHS 评分对比[($\bar{x}\pm s$),分]

莢呆	初佯执峙		初佯暇灯		初佯盗嗽		初佯振笼		莽痒	
	例笠旦	例笠番	例笠旦	例笠番	例笠旦	例笠番	例笠旦	例笠番	例笠旦	例笠番
琥眷莢 n=20	25.65±5.06	35.59±3.74*	1.25±0.12	3.38±0.30*	14.56±3.27	25.64±3.19*	1.09±0.13	2.59±0.28*	42.79±3.79	69.23±4.12*
爵毅莢 n=20	25.61±4.35	30.07±4.31*	1.26±0.11	3.04±0.23*	14.63±3.16	18.70±4.08*	1.08±0.11	2.14±0.33*	42.58±4.66	56.94±5.58*
P	>0.05	<0.05	>0.05	<0.05	>0.05	<0.05	>0.05	<0.05	>0.05	<0.05

熙 爰例笠旦爵毅 *P<0.05.

表 2 两组患者干预前后的 Barthel 指数评分、疼痛 VAS 评分对比[($\bar{x}\pm s$),分]

莢呆	Barthel 脾群極痒		执峙 VAS 極痒	
	例笠旦	例笠番	例笠旦	例笠番
琥眷莢 n=20	28.67±11.35	72.78±10.47*	5.69±1.08	2.02±0.62*
爵毅莢 n=20	29.36±10.09	59.53±11.22*	5.47±1.22	3.85±0.97*
P	>0.05	<0.05	>0.05	<0.05

熙 爰例笠旦爵毅 *P<0.05.

琨聊疾奈苈+里琨聊疾奈苈+叭屹袄灯徘枣 立钧厨缝帆八爵毅莢+琥眷莢シ 疥杪米搵抓挨响喧扰婉椿 琥眷莢澳 折漫+嫁漫米搵伐董鸵 50.00% 10/20 痕痢黥幼翌 矮蛎八 51 忌 葛蛎八 79 忌 宏黥痕 66.78±10.25 忌 痕趾洼幼翌 摄孛八 1d 摄襪八 6d 俐宏八 2.56±0.87 d 爵毅莢澳 折漫+嫁漫米搵伐董鸵 55.00% 11/20 搵5.00% 9/20 痕痢黥幼翌 矮蛎八 50 忌 葛蛎八 78 忌 宏黥痕 67.05±10.64 忌 痕趾洼幼翌 摄孛八 1d 摄襪八 5d 俐宏八 2.53±0.96 dシ 爵毅莢疋痢黥鄱滋初喧扰就仍疥杪立大招 SPSS18.0 疥杪警臆弊祗熵爵毅及枣番 厨享嗜涩僂莢疋爵毅柔涩沱劳临 P>0.05 番染群葡爵毅踏慢炮跣抓遏茶辆シ

1.2 幼坞

爵毅莢 里琨聊疾奈苈 疤斑滇篷胃锡袄灯+瓠壕寂咄龋 蓼萼板+娶噤潘跳奈苈+考跽夫考团奈苈鄱^⑤シ

琥眷莢 里琨聊疾奈苈+叭屹袄灯徘枣シ①胃初佯疤灯考邵袄灯奈苈 徘绩跛痕米搵膻日 脾诀米搵钩毳熵招稻颇矮胝 搵徘绩挫莞爰米搵哆铂招稻祗熵叭屹袄灯奈苈,蔽奈苈米搵抓咄稻^⑦シ②胃初佯疤灯啤兵袄灯奈苈 徘绩跛痕米搵膻日 脾诀米搵钩毳熵招稻颇矮胝 搵徘绩挫莞爰米搵哆铂招稻祗熵叭屹袄灯奈苈,蔽奈苈米搵抓咄稻[9,10]シ救互奈苈宏八拖跳毗蔽 10s 拖季臭奈苈 300-500 跳八舅 痒 4-6 莢韭能^⑪シ 鹅级痕奈苈扉洼澳琨熙抹铝怜锌铈 蔽米搵擦躲八舅シ

1.3 琥眷脾树

爵毅莢莢米搵例笠旦番抓 HHS 極痒 棕極痒滇篷初佯执峙+初佯暇灯+初佯盗嗽+初佯振笼鄱 4 笱播据 莽痒 0-100 痒 痒群犒跳纒僂米搵抓初佯盗嗽玫疾稿笱^⑫シBarthel 脾群極痒 棕極痒滇篷祗舳+援绑+奇殆冀峻藏+炘羯鄱 10 傲笱浊 莽痒 0-100 痒 痒群犒跳纒僂米搵抓茹里瘴暇嗽稻稿跣 执峙 VAS 極痒 棕極痒莽痒八 0-10 痒 痒群犒跳纒僂米搵抓执峙挂辆犒熬锄 蔽盾立多只多瘴婉椿 疤斑滇篷初佯暇瓠+咄咚沱蓼+炘罨墨梳+藏+矮晓蟻啻纒刷鄱 学抹辆婉椿[大招婢蛭帷殆抓徘枣学抹辆犒孰纒纒纒棕脾树抓極濒爰疥杪 防奈苈脾诀+焮得妈辆鄱 厨澳莽痒八 0-100 痒 菜葡痒群跣病痒八蠹里学抹 91-100 痒 +学抹 76-90 痒 +挨响 60-75 痒 +得学抹 <60 痒 杪塾徘枣学抹= 蠹里学抹材群+学抹

材群+挨响材群 /莽材群×100%]シ

1.4 疥杪警痒拭

大招 SPSS18.0 疥杪警臆弊痒拭爵婢跳蹙谏禄群葡祗熵痒拭 杪辣喧扰招 $\bar{x}\pm s$ 纒僂 爵毅钹招 t 肃爵 杪群喧扰招[n %]纒僂 爵毅钹招 χ^2 肃爵 P<0.05 纒僂劳临慑疥杪警抹霸シ

2 享嗜

2.1 敖莢米搵例笠旦番抓 HHS 極痒爵毅

痕例笠旦 敖莢米搵纒熵痕初佯执峙+初佯暇灯+初佯盗嗽+初佯振笼盾莽痒疋沈费馱簇疥杪警劳临 P>0.05 シ筱扉徘枣例笠番米搵抓伐笱極痒宏汽跣 安琥眷莢抓群葡洒涩跣绑爵毅莢 莢疋劳临慑疥杪警抹霸 P<0.05 踏播群葡琦琦 1 捏僂シ

2.2 敖莢米搵例笠旦番抓 Barthel 脾群極痒+执峙 VAS 極痒爵毅

痕例笠旦敖莢米搵抓 Barthel 脾群極痒+执峙 VAS 極痒疋劳临柔疥杪警抹霸 P>0.05 筱扉徘枣例笠番 Barthel 脾群極痒群葡汽蝶 执峙 VAS 極痒蚱病 安琥眷莢抓朵佃栗辆奢翼 莢疋劳临慑疥杪警抹霸 P<0.05 踏播群葡琦琦 2 捏僂シ

2.3 敖莢米搵抓立多只多瘴婉椿爵毅

琥眷莢澳备慑 1 材米搵簇熵初佯暇瓠 1 材米搵多瘴吨罨墨梳 搵爵毅莢澳宏慑碍藩抓米搵簇熵初佯暇瓠+咄咚沱蓼+炘罨墨梳+藏+盾矮晓蟻啻纒刷 莽抓立多只多瘴岳琥眷莢奢病 敖莢疋劳临慑疥杪警抹霸 P<0.05 踏播群葡琦琦 3 捏僂シ

2.4 敖莢米搵抓学抹辆婉椿爵毅

琥眷莢抓学抹辆熏戴绊 95.00% 洒涩跣绑爵毅莢抓 70.00% 莢疋劳临慑疥杪警抹霸 P<0.05 踏播群葡琦琦 4 捏僂シ

3 泉梳

砂珠搔嗉钉澳米搵抓挨互炮八里琦抓番礞只埋化 安僂

表 3 两组患者的并发症发生情况对比[n(%)]

莢呆	初佯嘎炳	咄咚汗蓼	咤罡墨梳	藏尸	矮晓蠓畜纛刷	阎杪
琥眷莢 n=20	1 5.00	0 0.00	1 5.00	0 0.00	0 0.00	2 10.00
爵毅莢 n=20	1 5.00	1 5.00	1 5.00	2 10.00	1 5.00	6 30.00
P						<0.05

表 4 两组患者的满意度情况对比[n(%)]

莢呆	蠹里学抹	学抹	挨晌	碍学抹	学抹辆
琥眷莢 n=20	12 60.00	4 20.00	3 15.00	1 5.00	19 95.00
爵毅莢 n=20	8 40.00	3 15.00	3 15.00	6 30.00	14 70.00
P					<0.05

滋初抓贽谏警揜脾簇 嗒钉澳吵珠米揜楯多咦酌簧酌爬抓缸
 蛲炅跣シ爵绑同埋酌爬米揜搦壁 涅肾搔厨憬泉抓无拯幼烁
 饼颇颇螭链钹阔憬泉抓聊疾奈苕幼烁蔽汽跳矮晓咄稻 德砧
 初佯盗啾抓聊疾 祗搦卞佃瘴暇甌钵>蜈诅爵同埋趾贽谏抓
 写稠 憬滋初抓贽谏警揜脾簇 蛇稻奈苕遏蔽操祗米揜袄灯盗
 啾抓去共 开厨矮矮晓抓稻钵 憬登绑去共米揜帷亿矮蚶抓俐
 绂盗啾 立蚶病氙铲抓缸绕シ恢绑同互挽椿 邳揜酌厨袄招樟
 同跳贽谏澳 姆贽谏苕嗜涩惚 敖莢米揜例筌旦抓 HHS 榼瘁ヱ
 Barthel 脾群榼瘁ヱ执峙 VAS 榼瘁爵舵 宏柔涩沱劳临 P>
 0.05 饼例筌番 敖莢米揜抓 HHS 榼瘁ヱBarthel 脾群榼瘁ヱ执
 峙 VAS 榼瘁宏炅例筌旦涩沱去共 P<0.05 安爰爵毅莢滋
 舵 琥眷莢米揜抓初佯执峙+初佯暇灯+初佯盗啾+初佯振笊鄱
 HHS 榼瘁盾莽瘁ヱBarthel 脾群榼瘁宏涩沱奢跣 [35.59±3.74
 vs 30.07±4.31 瘁ヱ3.38±0.30 vs 3.04±0.23 瘁ヱ25.64±3.19 vs

18.70±4.08 瘁ヱ2.59±0.28 vs 2.14±0.33 瘁ヱ69.23±4.12 vs
 56.94±5.58 瘁ヱ72.78±10.47 vs 59.53±11.22 瘁] 执峙 VAS
 榼瘁宏涩沱奢病[2.02±0.62 vs 3.85±0.97 瘁] 莢疋爵舵劳临
 涩沱 P<0.05 シ鹤级 痕立多只多瘴岳幼罍 莢疋爵舵琥眷莢
 涩沱奢病[10.00% 2/20 vs30.00% 6/20] 莢疋爵舵劳临涩沱
 P<0.05 シ搦痕学抹辆幼罍 莢疋爵舵琥眷莢涩沱奢跣
 [95.00% 19/20 vs70.00% 14/20] 莢疋爵舵劳临涩沱 P<
 0.05 シ兆同遏琦 爵绑嗒钉澳吵珠晓播咦酌簧酌爬肾番米揜
 就仍里琨聊疾奈苕+趴蛇袄灯徘枣燃播泉嗜涩沱シ
 菴篙捏恣 爵绑嗒钉澳吵珠晓播咦酌簧酌爬肾番米揜搦
 壁 爵厨就仍里琨聊疾奈苕+趴蛇袄灯徘枣踏憬炅跣抓扒镰脸
 招必超 厨遏憬泉去共米揜抓初佯盗啾盾茹里瘴暇瘴枣 慈旌
 米揜抓执峙洼辆 蚶病米揜抓立多只多瘴缸蛲 祗搦翼翼汽螬
 拌米揜抓学抹辆 醛搦超袂扒镰脸招爰歧哩シ

顿搦染援

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