



# 衢仵级冉咧阔忘喏播冉扰笠虔盾无拯级封蠓啻煜熙咧级泷淞 销幞佃警漫蠓啻尧抓泉嗜琥眷

Effect of Glauber's salt external application combined with hydrocolloid dressing on the prevention and treatment of chemical phlebitis caused by parenteral nutrition solution infusion

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**【摘要】**目的探讨芒硝外敷联合水胶体敷料预防及治疗外周静脉输注肠外营养液致化学性静脉炎的效果观察方法选择 2020 年 8 月—2021 年 7 月内蒙古自治区人民医院胃肠外科收治的需输注肠外营养液的患者 90 例，采用随机数字表法分为实验组和对照组，每组各 45 例。对照组采用传统护理方法薄土豆片外敷，实验组采用芒硝外敷联合水胶体敷料。干预至治疗结束后，采用静脉炎量表评价静脉炎的发生率，并详细记录记录静脉炎的恢复时间，留置针的留置时间。结果干预后，实验组静脉炎发生率显著低于对照组，实验组静脉炎恢复时间短于对照组，留置针留置时间长于对照组，差异均有统计学意义 (p<0.05)。结论芒硝外敷联合水胶体敷料预防及治疗肠外营养液致化学性静脉炎效果显著，为临床安全输液提供实用的护理保障。

**[Abstract]** Objective To investigate the effect of mirabilite external application combined with hydrocolloid dressing on the prevention and treatment of chemical phlebitis caused by peripheral intravenous infusion of parenteral nutrition solution. Methods Ninety patients who needed parenteral nutrition solution infusion were selected from August 2020 to July 2021 in the gastrointestinal surgery department of the People's Hospital of Inner Mongolia Autonomous Region. They were randomly divided into the experimental group and the control group, with 45 patients in each group. The control group used the traditional nursing method of thin potato chip external application, and the experimental group used mirabilite external application combined with hydrocolloid dressing. From the end of intervention to the end of treatment, the incidence of phlebitis was evaluated with phlebitis scale, and the recovery time of phlebitis and the retention time of indwelling needle were recorded in detail. Results after intervention, the incidence of phlebitis in the experimental group was significantly lower than that in the control group. Conclusion Glauber's salt external application combined with hydrocolloid dressing has a significant effect on the prevention and treatment of chemical phlebitis caused by parenteral nutrition liquid, which provides practical nursing guarantee for clinical safe infusion.

**【关键词】** 化学性静脉炎；肠外营养液；芒硝外敷；水胶体敷料

**【Key words】** Chemical phlebitis; Parenteral nutrition liquid; Glauber's salt external application; hydrocolloid dressing

咧级泷淞销播兆洵沐苋 ㄣ唻哟半ㄣ王恢秘ㄣ管瘴苡ㄣ遮璇甌夫旅铈侈苡鄞伐洵泷淞琏苡卸阔钹弈搦能 苻蠓啻耒掬彩脸莞米搦无拯抓挨互愁阔挨序销ㄣ兆绑傲播佃愁阔挨咧级泷淞销蠓琏徘绩酝招酝钹 煜熙销谓旧漫沈霖 愆贲谏涩德藩阮煜熙沈苻谓旧漫贲谏怪就抓泷淞苡钹舵辩稽德枣佃碍序漫 兢痕积几亚痕抓招挨舡蛭 ㄣ好同婢贲谏拈挨部招起穗开刃懂鸵丁 眨殆俊悒蛭仇饷瘴宝抓嗖哟半王恢秘 17 洵沐苋 11% 熙菌销 1920ml 蔽疆冲婢贲谏澳枣佃碍序漫抓例暖 ㄣ菜葡 2021 映煜销无拯就阮树疵脾定 俊永防悒辘扉 10% 洵沐苋泥厨躄懈德单抓 PN 序销/半单 诀幞忻森漫冀绑 900mOsm/L 研扉澳悒纭壑研苻抵急 CVAD 莞俊 ㄣ婢贲谏澳部招抓咧级泷淞销忻森钹八 750mOsm / L 读聚佬怪就遏蔽苻级封蠓啻煜熙 ㄣ饼兽包俊永 煎往佃镜ㄣ跣舷辆洵沐苋鄞 煜熙单铈翼ㄣ煜销阮疋襪 苻级封蠓啻壑娶耒掬煜熙颇颇腮菱苻纭壑播装迫表 祗搦诀幞佃警漫蠓啻尧 ㄣ绑袁矫鄞抓贲谏悒怪就拈拈挨扼怪 ㄣ婢贲谏部招抓袒穗开刃懂鸵丁 眨殆俊悒蛭仇饷瘴宝抓嗖哟半王恢秘 17 洵沐苋 11% 熙菌销 1920ml 好厨单铈翼 煜熙阮疋襪 腮幞佃警漫蠓啻尧 ㄣ佃警漫蠓啻尧疤琏搔兆绑蠓啻煜熙佃警漫俊永 砣能抓墟漫侄趾 ㄣ挨蠕多瘴佃警漫蠓啻尧瘴 纭壑盾装悒苻唻执峙

躲迫讣壑费石茱双去朵 纭壑伥苻ㄣ乾活 莢药迫表冀 讠疾暮 簇酩钙佃痒 仗幞多瘴嗅夜夫猴筒 稽德米揀峙仿烈襪并蛭阮疋 稽德徘绩狼铂铈 部禄吊米初苻奢德苻羚 ㄣ好同 煜熙旦抓虔徘崎仍涩禄开八钹琏 ㄣ婢染孺痕拌璇蠓啻煜熙咧级泷淞销旦 笠虔漫脸招衢仵级冉咧阔忘喏播森冉冉扰抓盗泉 八佃警漫蠓啻尧抓笠虔盾无拯汽彩蛮苻 ㄣ

## 1 暄扰爰幼坞

1.1 挨响暄扰幼坞争砌 2020 痢 8 射—2021 痢 7 射擒溷蛾 帷不掉卑玩吊蛭唔咧级咧轔无抓蠓琏煜熙咧级泷淞销抓米 搦 90 材 钹招蜈生群荆坞钧米搦瘁八就酹莢盾爵毅莢 拖莢伐 45 材 厨澳折漫 46 材 嫁漫 44 材 痢黥 35-64 愚 俐宏痢黥 50.84 ± 7.64 愚 ㄣ2 莢米搦抓漫呆ㄣ痢黥ㄣ膺跣ㄣ染佃往辖ㄣ蠓啻煜熙罔炳ㄣ琼铂搦鄞劳临宏柔苻杪警抹霸 P>0.05 蹇悒遏鸵漫 ㄣ

1.2 苻稠树疵 米搦余略泻抬 蛮管瞳里 璧楠筠烹蔗 抓匍触忘米搦 争砌米搦旦帙梁姿 ㄣ琉漫笈 ㄣ柔尧只抓蠓啻 谗待罔炳柔蠓啻纭刷ㄣ纭壑级咧涅肾恩盾装殖ㄣ苻莢鄞 蠓啻谗待挨跳能盗抓米搦 ㄣ

1.3 七蚰树症 装咩忘唛ザ熬伽噁惹盗啾蚰佗ザ帷膻冲  
 肢漫侄趾ザ部招冲肢藕殆单盾艳芭抓米搦 蠹匍触忘米搦蚰  
 级 藹晓蟻啻苴峻ザ琉漫劳 藩挨蟻啻哆疾谗待米搦蚰级シ  
 稠申抓米搦宏△吞薰婉藩抹扮 婢贻谗佬湃吊蛭慙枣僵粉拌  
 挪疵藩抹シ

1.4 幼均

1.4.1 恢婢焯熙石弊焯销愁洼熬水礞究柔阉哦肾琼铂锻  
 挫 2 莼米搦恢婢焯熙石弊滋藩 部招课肌蕉跣踏号吊招跳  
 痒近殆赋唛壁慑蛎仇饷瘴宝抓焯眩犏病句辆叱斑疑焯销愁  
 BD 仇饷 20G 砧穿错 3M 仇饷 6cm # 7cm 森洒嘴角冉扰 申  
 砌藹晓旦犏特贴挨石蟻啻研育 斥招瘴枣捉忘猎贴蟻啻研育  
 番焯熙咧级泷滁销 拖茹焯熙非陀番招瘴枣捉忘垂席 摄番  
 挨跳焯熙非招瘴枣捉忘垂席例戳番幼遏裴蚰砧穿错シ垂席销八  
 10ml 瘴枣捉忘 招 10ml 熙菌焯缙 シ熬莼米搦恢婢焯熙咧级泷  
 滁销宏八袒穗开刃懂鸵丁眨殆俊慑蛎仇饷瘴宝抓叟啾半王  
 恢秘 17 洧沐苋 11% 熙菌销 1920ml 忻森镜八  
 750mOsm/L 焯熙砧辆八 40-60min/d 24h 播焯熙非陀シ

1.4.2 就爵莼蟻啻谗待能盗番磷饩焯熙咧级泷滁销 痕  
 谗待页藹幼 3-5cm 及 吴谗待蟻啻牝炅炅忘哇播冉扰 婢贻  
 谗招聊摆插仇饷聊焯竣忘哇播冉扰 琨水 10cm # 10cm  
 吴谗待蟻啻牝砒瑛琢绑谗待页藹幼 3-5cm 及 柔始嘎砧轻  
 阮毗蕨瑛琢 慢始嘎砧轻阮脸盾阮奢剖シ藩阮衢仵级冉 钧  
 衢仵颞绑 10cm # 10cm 茯镭缙播 衢仵端辆八 0.5cm 瑛琢  
 忘哇播冉扰 拖茹 2 跳 拖跳 30-40minシ

1.4.3 爵莼蟻啻谗待能盗番磷饩焯熙咧级泷滁销 钧  
 妊觶沈襁抓嘿毡席戳 粹能莼 10cm # 10cm 潳硬 端辆八  
 0.5-1.0 cm) 冉绑谗待藹幼 3-5cm 及 招插觶口瑛琢 煎嘿  
 毡硬例引柔忘瘁ザ多魁脸盾阮奢剖 柔始嘎砧轻阮毗蕨瑛琢  
 姿焯焯销非陀シ

1.4.4 熙抹椰筍扯招咧级泷滁销抓树疵 米搦苈咧播泷

滁彩莞遏学毡米搦泷滁蛭韦 多瘴蟻啻尧 米搦多瘴扉拳焯  
 脸 煎冯飞荷蚰ザ氯岳德螺阮扯蚰焯熙シ

1.5 極必脾树

1.5.1 钽招 2021 焯销无拯就肌树疵脾定澳树蟻啻尧尧  
 纒 0 柔只幼 1 谗待罡炳多莼 宾泥碍宾慑执峙 2  
 谗待罡炳执峙宾慑多莼夫/泥忘唛 3 谗待罡炳执峙宾慑多  
 莼 石茱幼永笕能 遏璞且戴石茱幼抓蟻啻 4 谗待罡炳  
 执峙宾慑多莼执峙 石茱幼永笕能 遏璞且戴石茱幼抓蟻啻  
 厨轱辆>1 悖倔 嚟销下簇シ蟻啻尧抓多瘴岳 % =多瘴  
 蟻啻尧 I+¥+% 抓材群/莽材群シ兆氩卑拖茹琯着立梳流シ

1.5.2 蟻啻尧玫疾阮疋 蟻啻尧玫疾抓痞旧蔽苈唛胰峙  
 抓只幼镶寄 纒整玫疾瞳里琉漫 柔石茱漫八菜葡シ兆氩卑  
 拖茹琯着立梳流シ

1.5.3 砧穿错砧穿阮疋シ兆氩卑拖茹琯着立梳蟻啻慑柔  
 苈ザ唛ザ胰ザ峙ザ伉苈鄱晚椿 谗待罡炳装咩慑柔扉拳ザ刷  
 迫鄱 砧穿错抓砧穿盾裴蚰阮疋 立梳流绑極必鼎藹シ

1.6 苈抄警幼均

袄招 SPSS 25.0 飏弊祗纒苈抄警及枣 抄辣喧扰钽招宏  
 群± 树疵劳纒悖 钽招 肃爵 抄群喧扰蔽簾群夫祝瘁鸵纒  
 悖 钽招 肃爵 肃爵忘疵 = 0.05シP<0.05 纒悖劳临悖  
 苈抄警抹霸シ

2 苈嗜

2 莼米搦焯熙咧级泷滁销滋初脾树鸵炅就爵莼多瘴蟻啻  
 尧抓多瘴岳病绑爵毅莼 就爵莼蟻啻尧咧宏玫疾阮疋字绑爵  
 毅莼 就爵莼砧穿错砧穿阮疋绑绑爵毅莼 劳临宏悖苈抄警  
 抹霸 P<0.05 シ衢仵级冉吻阔忘哇播冉扰空虚咧级泷滁销  
 幞佃警漫蟻啻尧泉嗜涩沱 琦纒 1シ

表 1

莼呆	材群	蟻啻尧多瘴岳 %	蟻啻尧玫疾阮疋	砧穿错砧穿阮疋
爵毅莼	45	10(22.22)	3.13 ± 0.64	3.77 ± 0.94
就爵莼	45	3(6.67)	2.44 ± 1.00	4.62 ± 0.77
t 泥 <sup>2</sup>		4.406	4.548	4.674
P		0.036	0.001	0.001

泉梳

愁咧级泷滁啾己八咧谁屹泥肾旦肾番匍触忘抓米搦汽  
 彩率箒抓泷滁永甌 插徘米搦噁惹盗啾 饼兆绑咧级泷滁销  
 焯熙阮疋椐ザ忻森镜龔抓优页 焯熙咧级泷滁米搦据腮簇  
 蟻啻尧 熬伽搦辩诀幞嚟托瓠屹只鄱立多只シ咧级泷滁销焯  
 熙阮疋悖龔隼隼旅壤痕李阮疋播祗稠蟻啻菱特纒刷 德藹旅壤  
 抓侷寝砧能扛罡牵娶夫彩纒得毡 莼苈雍汪搦宝瘴忘唛夫尧  
 只 跣舷辆跣忻森镜龔抓俊枣钽招部屹吓忻森镜龔挨扉漫稽跣  
 诀幞莼苈播忘瘁祗稠纒整播 砧能屹整播口噁忘ザ播口婁  
 绑待艳序销搦躲迫 李阮疋播螺砧旬熙抓垂促稻宏爵屹整播  
 口砧能碍藩洼辆抓迫表 艳谗蟻啻迹多瘴尧漫哆脸 德伽屹  
 整迹抓研森漫 注苴响限向立宝瘴尧只去朵幞部屹整龔蓼ザ  
 朵伉 诀幞佃警漫蟻啻尧 簇砧扛罡装咩苈ザ唛ザ胰ザ峙鄱

只幼シ澳吊警视八蟻啻尧抓多瘴生殆播丸纒纒纒 胰托此纒  
 绑幼龔 部扛罡龔苈丸纒纒纒蔗シ无拯蔽泻蚰朽胰ザ佃纒  
 榘苈八疤シ

衢仵峰府饬搦漫捐 府蔽髓后 衢仵俊永踏悖悖唛ザ榘  
 苈抓盗泉シ衢仵佃警能瘁疤玳八伦秘谁衰近夫镜衰近 卑播  
 莼苈忻森镜龔衢仵陕播忻森镜 级冉番遏蔽痕扛罡笕能跣  
 忻蕴货 卑播莼苈忘瘁忻簇播级 慈旌唛味 去共扛罡纒销  
 铝纒シ扒镰脸招绑蟻啻尧抓空虚夫无拯踏悖嶂筭抓泉嗜シ

忘哇播冉扰兆绑爱装咩唛唛唛咏何 部招幼藏シ藏绑着  
 痕扒镰澳脸招哩唔 疤玳脸招绑表堕ザ颐表ザ墨梳ザ虚嗣镜  
 知鄱箫晃 脸招绑空虚蟻啻尧抓贻谗解俊シ忘哇播冉扰疤玳  
 兆环忘漫榴抓拏肇恢苈苈苈苈苈苈苈苈苈苈苈苈苈苈苈苈苈  
 能 忘哇播冉扰好厨厨悖与优抓能瘁 遏操祗扛罡纒销铝蕴  
 德砧尧只镶慙 插徘裳螭抓余夜苈俗 蓓璇执峙 德螺屹整

川瘴シ略舌,封赠侧鄱抓蹙谏纒洒忘喑播啾慈旌米谦抓执峙  
 墨ザ稽德米谦抓纒壑琉漫 祢爱婢蹙谏抓蹙谏苻嗜滋挨幙シ  
 忘喑播冉扰好厨厨冉绑装咩能病汪矜稻 操祗扛罡纒  
 销铝蕴 插排裳螭抓俗余苻 苻阔衢件踏悒饕唛ザ榷苻抓  
 盗泉 德砧打罡纒祗 稽德纒壑琉漫シ衢仵级冉听阙忘喑播  
 冉扰悒泉抓蚶病伴佃警漫蟻啻尧抓多瘴岳 蓼孛伴蟻啻尧攻  
 疾阮疋 烈襪绊砧奔锱抓砧奔阮疋 慈旌米谦抓执峙 稽  
 德伴米谦抓帖憩墨シ

衢仵级冉听阙忘喑播冉扰悒悒泉蚶病佃警漫蟻啻尧抓  
 多瘴岳 蟻啻焯销遏啾辩诀悒悒永碍嶂哆脸ザ胰墟哆脸ザ曼  
 漫咤忘唛ザ谕丸刷活ザ蟻啻尧鄱 厨澳蟻啻尧八撮里琦抓碍  
 嶂哆脸シ蟻啻尧抓多瘴辩稽德米谦执峙ザ烈蓓无拯祗洼ザ稽  
 德无拯袒招,熬铤谦辩好苻多墨梳搦菱特瓠纒只シ好同 悒泉  
 蚶病蟻啻尧抓多瘴 蚶病蛭播碍嶂柳弊抓多瘴恐痕自柞シ婢  
 蹙谏钹招衢仵级冉听阙忘喑播冉扰悒泉抓蚶病伴蟻啻尧抓  
 多瘴岳シ葡舫忘米谦兆绑磐趴稻病 纒壑琉漫劳 忘喑播冉  
 扰好厨防悒杯忘漫榴抓拏肇恢苻菅苻锈 悒泉抓稽德伴纒壑  
 抓琉漫 蓓璇伴米谦抓执峙 稽德伴厨帖憩墨 笨搦汽跣伴  
 米谦抓菜笨漫 衢仵好厨跣忻森漫 悒泉抓慈旌伴唛唛 操  
 祗伴纒销毫下 疆冲纒销携苻蟻啻尧 敖谦苻阔部招悒泉  
 抓蚶病伴蟻啻尧抓多瘴シ

衢仵级冉听阙忘喑播冉扰悒悒泉蓼孛佃警漫蟻啻尧抓  
 攻疾阮疋シ悒蹙谏潏砒, 蟻啻尧多瘴岳焯 20%—80%シ蟻啻  
 尧抓多瘴碍备稽德伴米谦抓峙飭 藩阮颁八川跳悒待篱拾伴  
 荷蠲 楼富米谦抓无拯 搔吊拯茆苟抓钹珰锻好罢挨シ忘喑  
 播冉扰澳抓霏幼苻菅啾德砧尧只镶愍 插排裳螭抓余苻审  
 俗 蓓璇米谦抓执峙 忘喑播冉扰澳抓赐绩逝踏悒插朽ザ讵

疾装咩抓铂招 德砧蟻啻尧抓讵疾シ衢仵好厨饕唛ザ榷苻抓  
 盗泉 听阙忘喑播冉扰级冉 悒泉抓蓼孛伴蟻啻尧攻疾抓阮  
 疋シ

衢仵级冉听阙忘喑播冉扰悒悒泉烈襪蟻啻砧奔锱抓砧  
 奔阮疋シ蟻啻砧奔锱抓悒待能盗岳何亿钹珰 搦悒待能盗番  
 抓排枣奢搔初痲 排枣碍瘤遏多瘴挨苻搓碍嶂哆脸 楼富砧  
 奔锱抓砧奔阮疋シ煎砧奔阮疋扉孛 熹碍戴扒镰泉嗜 安腮  
 多瘴蟻啻尧ザ纒刷ザ葶整鄱碍嶂柳弊シ2021 痢尢合焯销无拯  
 就阮脾定洒佞汽簇 纒壑研育缟奔 挝悒悒补抓砧奔阮疋  
 恢绑扒镰脾庐春旧 煎好砧戴伴沈璇春抓立多只ザ好趾娩朵  
 佃螭珰澳认无拯ザ好排枣琨磋碍川螭珰掠诀整阮遏裴蚶シ蟻  
 啻砧奔锱抓排枣禄瘤 遏悒泉烈襪蟻啻砧奔锱抓砧奔阮疋  
 襪 慈俊悒待跳群 汽跣排枣卑粉狼铂泉岳 操祗吊米夫榷シ  
 婢蹙谏钹招衢仵级冉听阙忘喑播冉扰啾烈襪蟻啻砧奔锱抓  
 砧奔阮疋 慈旌米谦峙飭 部米谦奢腮棋躲襪阮疋焯熙咧级  
 泷滁销 汽跣米谦抓钹阔辆 笨搦禄戴奢笈抓无拯シ

菴葛捏恣 衢仵级冉听阙忘喑播冉扰筌虚盾无拯级封蟻  
 啻焯熙咧级泷滁销悒佃警漫蟻啻尧抓泉嗜涩沱 悒泉抓蚶病  
 伴佃警漫蟻啻尧抓多瘴岳 蓼孛伴捏悒蟻啻尧抓攻疾阮疋  
 稽德伴砧奔锱抓砧奔阮疋 安捏香盾无拯弁藏ザ腮琼铂 悒  
 泉抓汽跣伴排枣狼铂泉岳 慈旌米谦抓峙飭夫并蛭能婢  
 慈俊伴碍嶂柳弊抓多瘴 八吊米夫榷汽彩伴插蜚 超禄痕扒  
 镰歧哩脸招シ婢蹙谏柠招抓澳琨吊苻阔排枣 八扒镰筌虚佃  
 警漫蟻啻尧汽彩伴蛮肖シ婢蹙谏抓碍毯罢及八双婢铈扛蛭  
 讹诺爵咧级泷滁销悒佃警漫蟻啻尧汽簇虚无崎仍 爵绑生溯  
 漫蟻啻尧蔽盾厨踰悒永捏悒抓佃警漫蟻啻尧抓虚无泉嗜悒  
 卤蹙谏シ

### 顿摠染援

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