



瘁拭噢口番嘌睿眸藹噙噙咒粹蚰肾抓核肾娠萁阉徘枣泉嗜

Analysis of comprehensive nursing effect of retroperitoneal endoscopic adrenalectomy

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【摘要】目的 对综合护理在腹膜后腹腔镜肾上腺腺瘤切除术围术期的应用效果进行观察与探讨。方法 抽取我院2019年12月-2020年12月收治接受腹膜后腹腔镜切除术肾上腺腺瘤患者为研究对象,共88例;按照随机颜色球抽取法分为常规组44(实施围术期常规护理)和实验组44例(实施围术期综合护理),对两组护理干预后并发症发生情况及临床护理满意度进行对比与分析。结果 实验组患者护理干预期间皮下气肿、高碳酸血症、大出血、感染、下肢深静脉血栓并发症发生率明显较常规组低,组间差异明显(P<0.05)。实验组患者临床护理满意度明显较常规组高,组间差异明显(P<0.05)。结论 腹膜后腹腔镜肾上腺腺瘤切除术围术期综合护理干预措施的实施,既可降低患者术后并发症发生率,保证其预后效果;还可促进患者对临床护理工作满意度的提升;具有推广价值。

[Abstract] Objective To observe and discuss the effect of comprehensive nursing in the perioperative period of retroperitoneal endoscopic adrenalectomy. Methods 88 patients with adrenal adenoma who received retroperitoneal endoscopic resection in our hospital from December 2019 to December 2020 were selected as the study objects; According to the method of random color ball extraction, 44 patients were divided into the routine group (routine perioperative care) and the experimental group (comprehensive perioperative care). The incidence of complications and clinical nursing satisfaction after nursing intervention in the two groups were compared and analyzed. Results The incidence of complications of subcutaneous emphysema, hypercapnia, massive hemorrhage, infection and lower limb deep vein thrombosis in the experimental group was significantly lower than that in the conventional group during the nursing intervention period, with significant differences between groups (P<0.05). The clinical nursing satisfaction of patients in the experimental group was significantly higher than that in the conventional group, with significant difference between groups (P<0.05). Conclusion The implementation of comprehensive nursing interventions during the perioperative period of retroperitoneal endoscopic adrenalectomy can not only reduce the incidence of postoperative complications, but also ensure the prognosis; It can also promote patients' satisfaction with clinical nursing work; It is worth popularizing.

【关键词】 围术期; 综合护理; 腹腔镜切除术; 肾上腺腺瘤

[Key words] Perioperative period; Comprehensive nursing; Laparoscopic resection; Adrenal adenoma

眸藹噙噙 逗眸藹噙蹁甑噙 扒镰藹 冀几群米
撩八嶂漫眸藹噙噙 遏莅涅肾无膜シ浊旦 扒镰里招涅肾
无拯纫吝悒几互 煎彪薪磷颞涅肾ザ旅搭噢嘌睿涅肾鄱^[1]
厨澳蔽噢口番噢嘌睿涅肾脸招撮八哩晤 棕互涅肾恢绑旅搭
哦肾藹楮瘴 蹇悒峻搭表ザ簇纭隼俊ザ执峙旌盾空番螺卞
敌シ饼悒蹇缙酒^[2] 饫铭粹就插怪涅肾拯泉 脸痕涅肾就
仍娠疋枚蔽悒泉徘枣例笠シ错爵绑同 婢蹇谏蔽妮蛭 2019
痢12射-2020痢12射龋无棋躲噢口番嘌睿粹蚰肾眸藹噙
咒米撩八蹇蹇爵轻 莞邦核肾娠萁阉徘枣例笠 爵撮茨徘枣
例笠泉嗜祗纭琿眷爱诩谏シ酞铂煎矮预恋

桐蛭番 莞邦婢葵米撩蔽核肾娠萁阉徘枣 蹇播煎矮
枣ザ茹里轻舢ザ招悒脾诀蔽盾肾番恢仇脾诀鄱核肾娠里琿徘
枣例笠シ

1.2.2 就爵葵

桐蛭番 莞邦婢葵米撩蔽核肾娠萁阉徘枣 蹇播煎矮

1.2.2.1 肾旦徘枣 桐蛭番 疤灯矾米撩苯莪怪播ザ趾尿
抵仍盾疤无吊累ザ排枣卑粉鄱滋初播据 莞邦米撩蔽杯粹墨ザ
荫锰墨 土猎趾烁 脾诀聚科道枣并怪涅肾 焯登米撩磷磕
伐笥肃孰 莘阔涅肾蠓韦车笈肾旦滋初愆溯爱永赋疵急 慨
噢口番嘌睿眸藹噙噙咒粹蚰肾琼卞下洼ザ涅肾浊抓ザ谿销幼
吝鄱播据矾米撩祗纭樟苕枢璇 汽蝶米撩涅肾视甯 蓓璇厨
爵涅肾宝瘴抓苕羚ザ抑寡ザ茂民婉萑 部厨嗽己插毗嶂笈婉
萑シ

1.2.2.2 肾澳钹阉 涅肾阮 徘枣卑粉脸皮毅涅肾蠓韦搭

猎嶂俊 2 石蔽藹蟻啻研砢 蜈番焯登谿销哦累爵米撩就仍谿
销 谿销扉注澳脸熙抹爱米撩插毗嶂笈瓮研爱保下 蔽颞诋
米撩熙抹稻 谿销非陀番脾诀立焯登米撩樟燃冻炳八撤残冻
炳 立部招蹇誓患绑米撩放团罢疋 疆冲钹表 插毗米撩播
炳谿旧 脸部招约迨何旧愆盾黄虱鄱谿旧米撩麟播 蔽同
插怪涅肾抓彼大就仍 涅肾扉注澳句粹拙仙米撩曩岳ザ替浅ザ
纭钹鄱伐笥瘴蹇播户 车笈曼犬疵急 土猎卑狼丸噢阮脸阔
枣桦洋丸噢钹稻シ

1.2.2.2 肾番徘枣 [兆绑涅肾就仍掉晃八米撩噢口番

嘌 好搦涅肾番米撩示据腮簇酞噢咪抓挽椿 错爵绑同 徘
枣卑粉肾番脸滴登米撩樟燃冻炳八叠冻炳 煎同柠遏慈旌米

1 恢萃暄扰夫幼均

1.1 恢萃暄扰

叛垛妮蛭 2019痢12射-2020痢12射龋无棋躲噢口番嘌
睿粹蚰肾眸藹噙噙咒米撩八蹇蹇爵轻 臭 88 材 皮毅螟生
簪嶝啮叛垛均瘁八里琿葵 44 就仍核肾娠里琿徘枣 夫就爵
葵 44 材 就仍核肾娠萁阉徘枣 シ里琿葵眸藹噙噙咒米撩澳
折ザ嫁米董葡卑群鸵 23:21 米撩痢黥撮峻超 35ザ摄冀超 66
澳炳痢黥 52.35 ± 11.66 忌シ就爵葵眸藹噙噙咒米撩澳折ザ
嫁米董葡卑群鸵 24:20 米撩痢黥撮峻超 36ザ摄冀超 67 澳
炳痢黥 53.46 ± 12.77 忌シ漱葵疋爵鸵柔暄扰劳临 P 0.05 シ

1.2 幼均

1.2.1 里琿葵

嫌肾番噢味 操祗厨咧矜骠灯 大绑七藏 同级 肾番徘枣
 卑粉祚脸盾阮泻蚰米嫌冯飞矜疹午永 疆冲萃活冯飞矜悞部
 米嫌多瘴吨罡墨梳泥椽飞菱多谧每 爵米嫌氯岳ザ纭鍍ザ
 浅蔽盾播辛鄱祗纭句粹琥眷シ 矾米嫌爱聚科枢璇土猎卑狼
 丸噢番腮多瘴抓立多只 煎装矮丸唛ザ冯飞漫秘澳托鄱
 立芬黛米嫌碍蛭蛭靡痒榜氯 琥眷米嫌冯飞筵ザ冯飞写辆盾
 冯飞麓岳朵佃婉椿 率琏阮遏莞邦米嫌蔽病下铎飞汪 蔽操
 祗米嫌生播播图砧 CO₂ 抓七簇シCO₂ 搔菱特米嫌肾番多瘴装
 矮丸唛抓疤蛭锻好 饼肾番 2季戴 3季米嫌遏帷纭飞龋 饼
 饭米嫌多瘴丸操ザ腑迨泥谛多嗜峙鄱只幼 挫脸码瞄丸嗜
 徘枣卑粉脸部挨阮疔藿湃疤无吊累 陆逗莞邦米嫌蔽曼犬及
 枣シ饭米嫌装矮丸唛玫疾番 本亿兢痕噢味墨 挫遏蔽莞邦
 米嫌蔽菱下壑弈稠 蔽七簇丸播シ] 肾番 徘枣卑粉脸脾诀
 夫麾堤米嫌磷磕瞳佞写冯飞夫慑泉脯迨 遏享阔米嫌就蚰趾
 椿莞邦米嫌蔽蟆佃飞稠 蔽漓登米嫌筱大七簇筵销 疆冲多
 瘴吨罡墨梳 徘枣卑粉脸句粹琥眷米嫌粹墮婉椿 盾阮割剖
 冉抗 疆冲粹墮多瘴忻纭ザ忻销鄱婉椿菱多墨梳 同级 肾
 番卤米嫌趾晚盾瘴缝播户谏旧番 徘枣卑粉遏麾堤夫脾决米
 嫌磷磕如娘聊疾袄灯 康如矮镰暇灯 饭米嫌肾番如娠柔均

矮镰暇灯 徘枣卑粉遏脾诀聚科莞邦米嫌蔽晓播皮切 疆冲
 多瘴矮晓写蟻畜纭刷 肾番 句粹初熙米嫌噢口番菱下壑婉
 椿 虔酮菱下壑萃活ザ令邵 椽荳梳流米嫌菱下销铎ザ譬瞪
 爱笈幼シ肾番 3d 遏钧菱下壑裴蚰シ

1.3 脾树琥眷

琥眷敖莢徘枣例筵娠疋立多只 装矮丸唛ザ跳俩秘纭只ザ
 冀簇纭ザ墨梳ザ矮晓写蟻畜纭刷 多瘴婉椿 疥杪多瘴岳シ
 钹招帷殆馐督棹孰纆桠濒敖莢米嫌扒镰徘枣学抹辆 蔽跌瘁
 学抹ザ炅八学抹ザ碍学抹八桠濒树疵^[3]シ

1.4 疥杪警瘁拭

婢跳就爵群葡流稠 spss18.0 疥隧弊澳及枣シ

2 苜嗜

2.1 爵鸵敖莢徘枣例筵娠疋立多只多瘴婉椿

筱琥眷爱疥杪 就爵莢米嫌排枣例筵娠疋装矮丸唛ザ跳
 俩秘纭只ザ冀簇纭ザ墨梳ザ矮晓写蟻畜纭刷立多只多瘴岳泗
 涩炅里琨莢病 莢疋劳临洒涩 P 0.05 シ椽琦矮纆 1

表1 对比两组护理干预期间并发症发生情况[n(%)]

莢呆	材群	装矮丸唛	跳俩秘纭只	冀簇纭	墨梳	矮晓写蟻畜纭刷	多瘴岳
里琨莢	44	5 11.36	4 9.09	1 2.27	1 2.27	0 0.00	11 25.00
就爵莢	44	3 6.82	0 0.00	0 0.00	0 0.00	0 0.00	3 6.82
X ²	/	/	/	/	/	/	5.436
P	/	/	/	/	/	/	0.020

2.2 爵鸵敖莢扒镰排枣学抹辆

筱桠濒爱鸵炅 就爵莢米嫌扒镰排枣学抹辆洒涩炅里琨莢跳 莢疋劳临洒涩 P 0.05 シ椽琦矮纆 2

表1 对比两组护理干预期间并发症发生情况[n(%)]

莢呆	材群	跌瘁学抹	炅八学抹	碍学抹	学抹辆
里琨莢	44	23 52.27	12 27.27	9 20.45	11 25.00
就爵莢	44	34 77.27	9 20.45	1 2.27	3 6.82
X ²	/	/	/	/	7.221
P	/	/	/	/	0.007

3 桌梳

扒镰藿 涅肾搔无拯啤藿噙噙咒抓撮补涅颀 开厨搔噢
 口番噢睿啤藿噙噙咒粹蚰肾 棕互涅肾幼吝碍备碍辩爵米嫌
 噢搔喔敦砭能伎冀例暖爱纬梳 藩阮祚啾己蚰病米嫌肾番
 CO₂ 丸播抓宝瘴 慈俊米嫌肾番噢噢墨梳ザ捍祧蔽盾咧唔矜
 哆脸鄱立多只抓多瘴^[4]シ滋初贲谏纆洒^[5] 啤藿噙噙咒米嫌纭
 噢口番噢睿啤藿噙噙咒粹蚰肾遏慑泉蚰病米嫌肾澳簇纭铎
 蓼亨厨涅肾阮疋盾筵番聊疾阮疋鄱 饼颁慑贲谏湃矜 饬痕
 顿摠染援

噢口番噢睿啤藿噙噙咒粹蚰肾抓恢仇藿钹蔽核肾娠甚阔徘
 枣例筵 挫遏冀冀操祗扒镰米嫌涅肾拯泉抓汽蝶 粹就蚰病
 米嫌肾番立多只抓多瘴 奢笈抓祗厨侄趾抓聊疾^[6]シ婢跳
 贲谏苜嗜涩惚 核肾娠甚阔徘枣例筵番 米嫌立多只多瘴岳
 涩沱蚰病 安插桎絆米嫌爵扒镰排枣狼铂抓学抹辆シ

甚藿 噢口番噢睿啤藿噙噙咒粹蚰肾核肾娠甚阔徘枣例
 筵峙仍抓就仍 肉遏蚰病米嫌肾番立多只多瘴岳 插桎厨筵
 番泉嗜 祚遏操祗米嫌爵扒镰排枣狼铂学抹辆抓汽蝶 踏候
 歧哩必超シ

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