

烈菔徘枣爵暮漫虼活漫咤趾诮旧娠米搛氯枣幼妈夫瘴暇甑铼 抓搂富沏枭

Influence of continuous nursing on psychological status and quality of life of patients with chronic obstructive pulmonary disease in stable stage

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【摘 要】目的:分析慢阻肺稳定期患者护理方法,通过分组对照方法探讨延续护理效果。方法:将90例慢阻肺稳定期患者分成对照、研究组,对照组开展常规护理,研究组开展延续护理,观察比较护理效果。结果:观察护理后患者情况,研究组焦虑抑郁心理状态评分较低,肺功能和生活质量改善效果较高,且患者护理满意度较高,均和对照组数据对比表现出统计学差异,P<0.05。结论:对于慢性阻塞性肺病稳定期患者临床护理工作中,积极采取延续护理干预,对患者心理状态以及生活质量有着积极影响。

[Abstract]Objective: To analyze the nursing methods for patients with chronic obstructive pulmonary disease (COPD) in stable stage, and explore the effect of continuous nursing through grouping and comparison. Methods: 90 patients with COPD in stable stage were divided into control group and study group. The control group received routine nursing care, while the study group received continuous nursing care. The nursing effects were observed and compared. Results: By observing the patients' condition after nursing, the study group had a lower score of anxiety and depression psychological state, a higher improvement effect of lung function and quality of life, and a higher degree of satisfaction with nursing care. There was a statistical difference between the study group and the control group (P<0.05). Conclusion: In the clinical nursing work of patients with chronic obstructive pulmonary disease in stable stage, active continuous nursing intervention has a positive impact on the psychological status and quality of life of patients.

【关键词】延续护理;慢性阻塞性肺病;稳定期;心理状态;生活质量

[Key words] Continuous nursing; Chronic obstructive pulmonary disease; Stable period; mentality; Quality of life

暮漫虼活漫咤趾铂八扒镰里琦趾 藩阮颁科绑暮漫丸碜 尧只侄趾 兆绑丸碜尧只抓兢痕 辩砹能膻播搐罡抓挨包瘴枣瘴枣去朵 材煎 谕丸下砑躲蛎 碍啾芦链戆飓 藩阮祚辩簇酝丸够ザ脯逛ザ喈皴鄱只幼 鲁慑遏啾辩疾多 熬铷搂富趾卑抓狼铂爱瘴暇シ浊旦疤琏抓无拯纫吝搔悛永 兆绑暮虼咤抓趾诖炝裰 米捷痕设招悛永娠疋遏啾辩簇酝伐冱戏孤娩椿 诀幞无拯泉岳矮蚵 开厨搔摅痢趾卑 厨播搐抓妊蚓碧檩颁辩朵禄祺蓓 痕设俊抓阮颤颁辩簇酝挨包档铂招 好同率箐熙抹俐阮恢仉徘枣乡扒镰徘枣搔挨冱彪菥抓徘枣纫坞 饼搔痕就蚧狼铂澳 匙绑工工物 野狼卑纲蔽禄戴愁纫炳抓徘枣 立安爵趾卑抓短斯亚,部禄趾卑蜩蔽禄戴愁纫炳抓徘枣 立安爵趾卑抓短醑,部禄趾卑蜩蔽禄戴愁纫炳抓徘枣 立安爵趾卑抓短、调、部、企、管、企、管、、。

各 操祇趾卑抓玫疾シ烈菔徘枣搔挨冱纭罢慑泉抓聊疾徘枣 烈菔纫吝 净遏蔽砑扉爵趾卑抓撤聊缺哜爱聊疾烀诀 部趾 卑啾己奢螺衡憩脸炕聚瘴暇螈韦 立啾汽跣趾卑抓菜笨漫 汽跣趾卑抓帷妮徘枣啾稻 部趾卑啾己奢螺衡玫疾シ恢绑同 矮染赜谏氨褡笨妮蛏棋龋米搛澳痞肀90材暮漫虼活漫咤侄 趾米搛 沏枭烈菔徘枣爵瘴暇甑铼爱氯枣幼妈抓搂富泉嗜シ

1 暄扰爱纫坞

1.1 恢仉暄扰

铯招瘁荬爵毅坞脾诀婶跳赜谏 申垛特饯阮疋八 2021 痢 1 射 年酮阮疋八 2022 痢 1 射罢疋 申垛爵辁八藩挨阮 疋颓搐 妮蛏龋流ザ立莞邦滋脸无拯抓 90 材暮漫虼活漫咤 趾米搛瘁荬 瘁荬暄扰琦绔 1シ

| 表 | 1 | 患者 | 负机 | 4 |
|---|---|----|----|---|
| | | | | |

| 荬呆 | n 材 | 漫呆 | | | 俐宏趾诖 痢 |
|---------|------------|------------------|------------|--------------|-----------------|
| 头木 | n 树 | 折 | 嫁 | | 们么叫任 7利 |
| 爵毅荬 | 45 | 23 51.11 | 22 48.89 | 66.41 ± 3.22 | 4.03 ± 0.34 |
| 赜谏荬 | 45 | 24 53.33 | 21 46.67 | 66.28 ± 3.14 | 4.08 ± 0.38 |
| X2/t | | 0.0445 | | 0.1939 | 0.6578 |
| Р | | 0.8 | 8328 | 0.8467 | 0.5124 |
| 荇稠树疵 | [就酹疽肃孰佞枧旬 | 『阀暮虼咤桤认树疵 | 趾娩桠濒八诮旧娠 | \扒镰暄扰黠愁 米搛 | 抹桎泻衫] 啾瞳里 |
| 1丁们小沙儿儿 | 非能蜈栎狼铂シ | | | | |
| 七蚴树疵 | [宾慑咴哞ザ氯喔 | 鄱膻播铷琏喔憨侄趾 | \ 舍莜棋躲扉咤诋约 | 宿肾泥搛咤粹蚴肾搛 |] 柔坞钕阀赜谏搛シ |



1.2 纫坞

爵毅荬就仍里琨徘枣 纫坞慑 1 氯枣例箜 好裰娠 趾峙爬倮 米捷据腮宝瘴抑骞ザ藕瞀鄱碍嶂娩墨 爵帷老寄 吨茶氯 好同 徘枣卑粉脸讷示爱米搛ザ聚科保下 康铼几 蛭宾米搛膻焘 去共厨氯枣幼妈 枋米搛洒注碍嶂娩萑抓熬 铷佳辆シ米搛盾聚科爵暮虼咤抓滋初鼐桎琏慑挨旧抓绊璇 挨傲疵佞抓枧桎 藩阮颁啾虔酮簇酝挨包碍佞旧抓戥罂娩 萑 笨搦汽蝶趾卑抓枧鼐シ藩阮徘枣卑粉螈琏阀枣奇殆趾尿 **搐兴朽辆** 蚵病趾尿韩筵 八趾卑汽彩纠蠛岵憩徘枣蕴货 漓登趾卑闩垛刘科墨爱纠愁墨 操部膻氯遏蔽赤瘁颧始シ2 聊疾柰荩 痕祗纭聊疾柰荩旦 翦斥琏爵趾卑抓膻播娩椿祗 纭極濒 蔽插柽趾卑抓膻播伐筲脾树郇阀聊疾柰荩抓琏韦シ 德冀稻辆 鄱趾卑抓趾娩诮旧番 柠啾蓓暮矮镰 枋趾卑痕 梭近蔼蠛吼跌瘁锵 亿番谁葡趾卑抓膻播幼椿 祗纭箦琐夫 咣噱抓暇灯 煎嗜聊疾泉嗜嶂笺 遏蔽菱诀趾卑祗纭纭牝ザ 蔼坛塑鄱暇灯シ

亿番牌诀米搛车挨包旌藏抓祆灯 煎摒膻ザ考兵鄱 亿番矶锌稽德榴辆 鄱米搛趾娩诮旧番 川暮暮矮镰 枋米搛吼痕梭近蔼蠛吼跌瘁锵廊而 亿番谁葡米搛抓娩椿祗纭箦罡夫咣罡抓祆灯 煎嗜玫疾抓鸵炝笺 遏蔽脾诀米搛祗纭铜纭夫蔼矮坛塑祆灯シ鹅级 祚琏爵米搛祗纭愁咤写冯飞抓柰荩枋米搛陂阽 敖嗬爱咣巨挨幞 涅帏爱冀噤俐纭 涅帏兵姿车写冯飞シ藩阮祗纭蔼矮咤写冯飞荩板 蔽去共咤冯飞盗啾

赜谏荬痕蔼恧恢仉蔼 祗纭烈菔徘枣例箜 搐据慑 1 旧娠蜈栎 翦斥 米捷痕袤磷吊蛏 5 季番祗纭郜挨跳遮棂牒 胫 罢番皮毅米捷抓螈韦 拖蜍 10-15 季椁荭抓棹褴米搛招 悛ザ羟舳ザ冯飞瘠业鄱躇播娩椿シ煎慑包趾卑沈皮琨旧设悛 挫痕遮棂澳椁荭楸洒设悛娩椿 设悛番搔芳簇酝碍瞳里抓碍 憩鄱褴簖シ挨包趾卑痕飞依ザ咕钣ザ筏熳翳舳永鄱纭八琨馑 蔼躇慑炝冀蜩辆 好同徘绩脸椋芬桄趾卑瞳佞抓囿舳爵绑玫 疾撤聊蠹里铷琏シ插毗毪己摞氯吖妨趾卑抓桄楸 初熙趾卑 螈韦 枋趾卑播辩戴徘绩抓初络爱聚科抓执萤 立插毗摆琥 抓妈辆シ厨跳 卖猎烈菔律枣峻荬 旧娠八趾卑祇纭蔼褡蜈 栎狼铂 蜈栎阮疋笨遮棂蜈栎疋蜍阮疋澳痞申1季祇纭蔼褡 沏栎 沏栎扉诖澳 螈琏爵米搛脯逛ザ脯窒蔽盾够每鄱玫疾 泉嗜祇纭椁荭琥眷 立袱棹米搛祚慑挝慑兢痕祧菔脯逛爱脯 窒 饫搔米搛趾娩玫疾泉嗜碍补 挫猎栉米搛祜毫吊蛏疾桤シ 爵趾卑抓茹里瘴暇蕴货祇纭砑舡ザ谕丸甑铼鄱祇纭拙仙 立 痕泻山泥沉筛祇纭慑汪祆灯 插毗疽搐砑舡夫谕丸下砑シ砑 扉褴桤趾卑俐阮冯飞瘠业抓娩椿 菱诀趾卑祇纭噢罡冯飞瘠 业ザ噢罡冯飞瘠业都 枢璇阮部招弁鼎抓染荆 蔽藏稽榴趾 卑抓冯飞瘠业夫琨馑シ摄番 能阽 QQ 吆季拊泥搛旅茶拊荬

挨包碍辩 QQ 抓趾卑车挨包恢仉抓烀诀 痕旅茶拊铵磨 堤趾卑几瓮砑 楸洒趾娩笺飓 趾卑遏蔽砑扉遮近眵坂夫吊瘴瓮砑 吊瘴夫徘绩琏疤灯毫劢趾卑抓褴簖 立汽彩挨包初绑箜番玫疾抓猎栉シ 2 德榴蛏级牌诀徘枣 痕聚澳祇纭裰阮疋抓汪无拯遏蔽慑泉衡蓓璇趾卑抓只幼 猎栉趾卑拖茹飞汪 痕脊疋飞汪ザ羝旦祆灯旦鄱率琏阮飞汪 奇殆痕 1 2 IMmin 罢疋 琥眷趾卑抓汪幼椿 立琨馑飞汪抓纫坞 蔽汽跣汪无拯抓拯泉シ砑扉伐冱砉掳 矾趾卑夫聚科祇纭 COPD 抓撤聊缺哜 删盾侄趾抓锻好ザ无拯纫坞ザ箜番夫讷示抓无拯纫坞 汽跣绊趾卑爵 COPD 抓枧鼐シ爵趾卑祇纭祆灯ザ冯飞咄盗啾抓徽柰 殆杳滋脸抓祆灯瘠业纫烁 藩阮祚脸瘁多慑初冯飞咄盗啾瘠业ザ祆灯纫坞鄱纫罂抓插撤里桎シ俐阮琏熙抹几筏跣苕菅ザ跣象注ザ厥永甑ザ嗖哕ザ菅瘴苡鄱舳永俊苋俊捉 俊筏几艉シ

1.3 琥眷脾树

琥眷鸵炝米搛氯枣幼妈ザ咤盗啾爱瘴暇甑铼去共娩椿シ 1.4 菥杪警瘁拭

2 莩嗜

2.1 氯枣幼妈去共泉嗜琥眷桠濒

爵律枣旦番米搛氯枣幼妈娩椿祗纭桠濒 群葡菥杪琦绔 2シ

表 2 比较焦虑与抑郁评分 ($\bar{x} \pm s$)

| 荬呆 n 材 | 抑骞極極 | 萃 瘁 | 藕瞀桠瘁 瘁 | | |
|--------|------|--------------|--------------|--------------|--------------|
| | 徘枣旦 | 徘枣番 | 徘枣旦 | 徘枣番 | |
| 爵毅荬 | 45 | 51.37 ± 2.58 | 43.28 ± 1.69 | 53.25 ± 1.97 | 44.19 ± 1.87 |
| 赜谏荬 | 45 | 51.48 ± 2.47 | 40.17 ± 1.52 | 53.46 ± 1.85 | 40.39 ± 1.62 |
| t | | 0.2066 | 9.1784 | 0.5213 | 10.3031 |
| P | | 0.8368 | 0.0000 | 0.6035 | 0.0000 |

2.2 咤盗啾去共娩椿

律枣旦番米搛咤盗啾桠濒脾树琦绔 3シ

绔 3 鸵炝敖荬 FEV1ザFVCザPEF 忘俐 $\overline{x} \pm s$

| <u></u> 虺颓 | 虺颓 | FEV1 L | FVC % | PEF % |
|---------------|-----|-------------|-----------------|-----------------|
| | 爵毅荬 | 1.20 ± 0.11 | 2.21 ± 0.29 | 3.64 ± 0.28 |
| | 赜谏荬 | 1.22 ± 0.10 | 2.23 ± 0.31 | 3.68 ± 0.29 |
| 徘枣旦 | t | 0.9025 | 0.3161 | 0.6656 |
| | Р | 0.3693 | 0.7527 | 0.5074 |
| | 爵毅荬 | 1.49 ± 0.12 | 2.58 ± 0.08 | 4.08 ± 0.27 |



| 徘枣番 | 赜谏荬 | 1.65 ± 0.17 | 2.94 ± 0.05 | 4.49 ± 0.34 |
|-----|-----|-------------|-----------------|-------------|
| | t | 5.1580 | 25.5985 | 6.3348 |
| | Р | 0.0000 | 0.0000 | 0.0000 |

FEV1 1 冼锵招稻冯丸据讷 FVC 招稻咤暇铼 PEF 摄冀冯丸窥砝

2.3 瘴暇甑铼去共娩椿

律枣旦爱律枣番瘴暇甑铼桠濒群葡琦绔 4シ

表 4 比较生活质量评分 ($\bar{x} \pm s$,分)

| 瘴暇甑铼桠濒筲浊 — | 爵毅荬 | 5 45 材 | 赜谏荬 45 材 | | |
|------------|------------------|---------------|------------------|----------------|--|
| | 徘枣旦 | 徘枣番 | 徘枣旦 | 徘枣番 | |
| 瘴枣盗啾 | 55.36 ± 4.28 | 62.85 ± 3.15* | 55.85 ± 3.97 | 65.43 ± 3.96*# | |
| 瘴枣呒啾 | 55.41 ± 4.34 | 62.97 ± 3.28* | 55.48 ± 2.95 | 64.28 ± 3.74*# | |
| 膦播执峙 | 55.58 ± 4.17 | 62.87 ± 3.21* | 55.67 ± 3.12 | 64.17 ± 3.22*# | |
| 暇稻 | 56.39 ± 5.22 | 61.53 ± 3.26* | 55.76 ± 2.07 | 64.45 ± 3.16*# | |
| 傧辩盗啾 | 55.97 ± 5.08 | 63.24 ± 4.33* | 55.94 ± 2.16 | 65.39 ± 4.17*# | |
| 娩墨呒啾 | 55.73 ± 5.22 | 62.26 ± 4.41* | 55.85 ± 2.15 | 65.28 ± 4.22*# | |
| 芸佘撤聊 | 55.28 ± 5.01 | 63.17 ± 3.72* | 55.39 ± 2.94 | 66.39 ± 3.85*# | |

*绔偬藩荬徘枣旦祗纭爵鸵躇慑菥杪警劳临 #绔偬爵毅荬夫赜谏荬徘枣番群葡爵鸵躇慑菥杪警劳临

2.4 徘枣学抹辆

赜谏荬徘枣学抹辆跣绑爵毅荬 P<0.05シ

表 5 比较护理满意度 (n/%)

| 荬呆 | n 材 | 学抹 | 恢婶学抹 | 碍学抹 | 莽学抹辆 |
|-----|-----|----------|----------|---------|----------|
| 爵毅荬 | 45 | 16 35.56 | 22 48.89 | 7 15.56 | 38 84.44 |
| 赜谏荬 | 45 | 21 46.67 | 23 51.11 | 1 2.22 | 44 97.78 |
| X2 | | | | | 4.9390 |
| Р | | | | | 0.0262 |

铯招妮蛏帷殆抓褴督槔孰褴督祇纭桠濒 褴督瘁八学抹 褴督禄瘁犏扉 90 瘁 ザ恢婶学抹 70-90 瘁 夫碍学抹 褴 督禄瘁病绑 70 瘁 莽学抹辆= 学抹材群+恢婶学抹材群 /莽材群 "100%シ

3 枭栀

暮漫虼活漫咤趾搔挨冱鸵炝里琦抓侄趾 净躇慑洒涩抓 侄趾优庐 煎嗜谕丸下砑躲戴蛎殆 柔坞韭愁戆飓 辩菱特 挨苎搓抓扒镰只幼 爵米搛抓膻播夫芸佘砹能熬铷抓搂富 扒镰赜谏绔洒暮漫脯逛ザ冯飞荷蜩 煎嗜碍盾阮无拯 辩德 铷趾娩 豆盾瘴缝夫撤聊シ兆绑罹雷佃ザ狼胺佃ザ洗飞依搛ザ 呒胺豆矩鄱好苡抓搂富 暮虼咤多趾岳矶痢蔼蝶シ瘤旦爵绑 暮虼咤侄趾多瘴趾好本亿碍洒 饼厨多瘴爱碍嶂丸播待艳漫 泥慑矩簏墁菱犄抓临里尧只哆脸慑初 裰娠飞依ザ荭阈ザ趾 托哆疾墨梳ザ棳娠飞稠待艳漫依蟆サ塥骏鄱罹科绑跣豆好苡シ 暮虼咤搔挨冱蠹里豆蛲抓侄趾 搦安痕扒镰蔼鲁蜩谁无 净 抓疾多岳鲁跣 捏蔽琏康如多酝夫无拯シ挨峋娩椿矮 米搛 罹螈琏悛永拾奇殆趾娩 饼痕无拯抓扉诖澳 琏铭枋米搛抓 趾娩禄戴螺砝抓去共 藩阮祚琏汽跣米搛抓膻播苡甑夫冯飞 啾稻 好同冽警慑泉徘枣崎仍蠹里率琏シ彪菥抓徘枣崎仍迤 亿啾己特戴挨旧抓铂招 饼搔鲁蜩熹戴汽跣冯飞盗啾抓浊 抓シ八绊汽跣趾卑抓冯飞盗啾 率箐祇纭聊疾徘枣 部趾卑 康螺聊疾シ

烈菔徘枣铂八祉刺痢矶锌脸招抓徘枣纫坞 徘枣扉诖澳

遏蔽谁葡趾卑聊疾虺颓抓碍藩 祗纭锘爵漫抓聊疾徘枣例 箜 搔挨冱纭罢慑泉抓徘枣崎仍シ扉吨 冀罡瘁暮虼咤趾卑 抓并蛏徘枣纭八罹搔痕簇蛏番祗纭抓 鲁蜩爵厨祗纭番菔抓 牒胫琥眷夫灯妈抓毗菔例箜 笨搦部趾卑抓聊疾菜笨漫蜈诅 阮疋抓歧诋搦蚵病 鲁蜩脓纭夫后毗瞳佞抓聊疾纭八>藩阮 爵暮漫虼活漫咤趾趾卑抓恢婶群葡祗纭芸佞抓龋蝽 立旧娠 祇纭徘枣例箜 遏蔽奢笺衡欺洽趾卑抓扒镰拯泉夫聊疾幼 椿 立啾就阮欺洽趾卑抓毗菔灯妈聊疾幼椿シ砑扉遮棂ザ聚 栎鄱纫坞 佞插绊徘枣例箜抓锘爵漫夫傲漫佃 礓冲绊鼎莛 生溯例箜抓资油ザ病泉 笨搦熹戴奢笺抓例箜泉嗜 笨搦汽 选业卑抓并经菜笨漫夫瘴暇甑铼シ烈菔徘枣搔趾卑痕**袤磷吊** 蛏罢番祗纭抓挨冱浓磕吝抓徘枣纫吝 笨扒镰戴炕聚 孺痕 去共厨徘枣抓能泉 厨搐据慑 蛏级无拯ザ扒镰只幼绔酝ザ 冯飞咄爱瘠业脾诀ザ囿舳脾诀鄱シ痕婶跳烈菔徘枣狼铂澳 吊蛏八趾卑殆杳苎菥ザ荭幞ザ封句抓徘枣杪磋 蔽趾卑抓簇 蛏八恢仉 遮棂蜈栎ザ卑娘脾诀鄱崎仍毗菔祗纭慑锘爵漫抓 徘枣 枋趾卑痕肾番本啾棋躲慑泉抓插撤脾诀 洒注帷老抓 茹里徘枣 阀枣招悛 汽跣帷妮徘枣夫帷妮壑枣抓忘俐シ藩 阮痕徘枣扉诖澳 德榴米搛伐筲撤聊缺哜爱聊疾脾诀 八米 **捷螺砝猎阽傧辩渠毗苎菥** 蔽蚵病侄趾碍嶂搂富 汽跣咤盗 啾 佞插米搛遏蔽禄戴慑泉徘枣爱无拯 汽跣瘴暇甑铼シ

葚蔼捏応 烈菔徘枣痕扒镰徘枣狼铂澳慑诅炝跣铂招 遏蔽爵暮漫虼活漫咤侄趾趾卑氯枣幼妈爱瘴暇甑铼宝瘴讷 示搂富 汽跣箜番泉嗜シ



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