

# 湟肾疽貉铸獠锦徘枣爵慈俊噢罡湟肾米撵愁貉獠锦娠膂灯抓 拯泉瘁拭

Analysis of the effect of anesthesia recovery nursing in operating room on reducing restlessness during recovery period of abdominal operation patients under general anesthesia

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**【摘要】**目的：探讨手术室麻醉苏醒护理对减少腹部手术患者全麻苏醒期躁动的疗效。方法：2021年2月到2022年5月，选取100例腹部手术患者进行临床研究，经单双数法分组，对照组、观察组各有腹部手术患者50例，对照组以手术室常规护理措施为护理方案，观察组以手术室麻醉苏醒护理为护理方案，统计两组的血流动力学指标（麻醉前、苏醒时的收缩压、舒张压、心率）与躁动发生率（包含轻度躁动、中度躁动、重度躁动的发生率与躁动总发生率）。结果：麻醉前观察组三项血流动力学指标水平与对照组比较，未见比值差异  $P > 0.05$ ；苏醒期观察组三项血流动力学指标水平均低于对照组，可见比值差异  $P < 0.05$ ；观察组躁动发生率 18.00% 小于对照组 46.00%，可见比值差异  $P < 0.05$ ；观察组的中度躁动发生率 4.00%、重度躁动发生率 0.00% 小于对照组 18.00%、10.00%，可见比值差异  $P < 0.05$ 。结论：腹部手术患者应用手术室麻醉苏醒护理，可有效稳定患者的血流动力学，减少躁动发生现象，值得临床推广。

**【Abstract】** Objective: To investigate the effect of anesthesia resuscitation nursing in the operating room on reducing the restlessness during the resuscitation period of abdominal operation patients under general anesthesia. Methods: From February 2021 to May 2022, 100 patients with abdominal operation were selected for clinical study. They were divided by odd-even number method. There were 50 patients with abdominal operation in control group and observation group respectively. The hemodynamic indexes (systolic blood pressure, diastolic blood pressure and heart rate before anesthesia and after awakening) and the incidence of agitation (including the incidence of mild agitation, moderate agitation and severe agitation and the total incidence of agitation) of the two groups were analyzed. Results: Before anesthesia, there was no difference in the ratio of three hemodynamic indexes between the observation group and the control group ( $P > 0.05$ ). The levels of three hemodynamic indexes in the observation group were lower than those in the control group ( $P < 0.05$ ). The incidence of agitation in the observation group was 18.00%, which was lower than that in the control group (46.00%) ( $P < 0.05$ ). The incidence rates of moderate agitation and severe agitation were 4.00% and 0.00% in the observation group were lower than 18.00% and 10.00% in the control group ( $P < 0.05$ ). Conclusion: The application of anesthesia resuscitation nursing in the operating room can effectively stabilize the hemodynamics of patients with abdominal surgery and reduce the occurrence of agitation, which is worthy of clinical promotion.

**【关键词】** 腹部手术；手术室常规护理措施；手术室麻醉苏醒护理；血流动力学；躁动

**【Key words】** abdominal surgery; Routine nursing measures in operating room; Anesthesia resuscitation nursing in operating room; Hemodynamics; restlessness

愁膂貉铸湟肾搔挨互里琦湟肾幼烁 饼米撵獠锦娠据腮  
多瘁膂灯鄱立多只 碍大绑米撵肾番聊疾 仗幛辩楫多碍率  
珽舫蛟柳醛<sup>[1]</sup>シ膂灯疤珽只幼搔肩铭蜜管ザ逢犯ザ楠柔愁黠  
翻<sup>[2]</sup>シ噢罡湟肾米撵几钺招愁膂貉铸 颌搔膂灯跣多拊播  
螭扒镰盾阮汽彩徘枣设得 疤灯笠虔膂灯多瘁<sup>[3]</sup>シ肉颅扒镰  
八噢罡湟肾米撵汽彩湟肾疽里琨徘枣崎仍 饼薤百筇琦漫爰  
疤灯漫 立沈疤灯祗纭膂灯鄱立多只筇虔 徘枣泉嗜立碍枣  
铭シ湟肾疽貉铸獠锦徘枣搔挨互妊化徘枣腾吝 珽韦徘枣卑  
粉枷琮貉铸獠锦娠立多只 疤灯钺招慑泉崎仍祗纭徘枣例  
筇 蚶病膂灯多瘁岳シ染陟蔽 2021 痢 2 射戴 2022 痢 5 射龋  
无抓噢罡湟肾米撵 100 材八爵轻 湖泉湟肾疽貉铸獠锦徘枣  
抓泉嗜 湃疹播据煎矮シ

## 1. 喧扰爱幼坞

### 1.1 扒镰喧扰

2021 痢 2 射戴 2022 痢 5 射 申垛 100 材噢罡湟肾米撵

祗纭扒镰蹇谏 苻鼎掇群坞瘁莢 爵毅莢ザ琥眷莢伐悞噢罡  
湟肾米撵 50 材シ爵毅莢 折漫 34 材 嫁漫 16 材 痢黠 40-76  
忌 俐宏 58.99±8.37 忌 播锄 41-93kg 俐宏 67.12±  
7.39 kg 湟肾阮疋 1.5-4.5h 俐宏 3.02±0.71 h 貉铸  
阮疋 2.0-5.5h 俐宏 3.73±1.01 h 噢罡湟肾埋化 唔咧  
砣涅肾 27 材ザ咳喷涅肾 17 材ザ午糠苳涅肾 6 材シ琥眷莢  
折漫悞 32 材 嫁漫悞 18 材 痢黠 40-77 忌 俐宏 58.78  
±8.32 忌 播锄 41-92kg 俐宏 66.79±7.32 kg 湟肾  
阮疋 1.5-4.5h 俐宏 3.24±0.76 h 貉铸阮疋 2.0-5.5h  
俐宏 3.89±1.05 h 噢罡湟肾埋化 唔咧砣涅肾 27 材ザ  
咳喷涅肾 17 材ザ午糠苳涅肾 6 材シ敖莢喧抗鸵炆 涩惚柔  
芳临  $P < 0.05$  シ

苻稠树疵 1 米撵宏翦跳祗纭噢罡湟肾 2 米撵抓  
貉铸瘁莢搔 #- ¥ 莢 3 米撵芸余幼妈瞳里 4 米撵黛  
婉藩抹蹇谏シ

七蚶树疵 1 米撵藩阮兢痕余苻苳苳侄趾 2 米撵  
肾澳多瘁冯飞铝蕴苳苳蚶它 3 米撵藩阮兢痕厨踟愨甑漫



侄趾 4 米兼芸余幼妈涩惚临里シ

1.2 幼坞

爵毅荚蔽涅肾疽里琨徘枣崎仍八徘枣幼烁 滇防肾旦里  
璁琮琮玆趾甯柃甯盾ヲ氯枣徘枣例笠ヲ脲脲旦砧奔诀糠整ヲ  
肾番獯锦娠句粹拙仙鄱シ

璁眷荚蔽涅肾疽脲脲脲锦锦徘枣八徘枣幼烁 1 肾旦巨  
濒 肾旦愁罨绊璇米兼抓膻氯幼妈 滇防趾婉熬饣讧辆ヲ播  
甯幼妈ヲ涅肾擦躲漫ヲ氯枣幼妈蔽盾阙立只鄱 洒佞米兼抓  
脸艳诺躲啾稻 痒拭米兼搔芳兢痕榻多脲灯抓豆蛸好苡 苻  
阙桎濒ヲ痒拭苻嗜燥燃米兼抓排枣幼烁シ 2 憬泉瓮研 饣  
米兼兢痕肌甯调百ヲ视甯炸楝蔽盾氯枣幼妈碍补鄱脲酏 徘  
绩痲痕肾旦擦氯爱米兼瓮研保下 康铼蔽研册腮氛楠壁非能  
憬泉瓮研 洒佞米兼视甯ヲ氯枣漓抓排枣蛸韦 疤灯学毳米  
兼抓滋初蛸韦 汽蝶米兼抓侄趾ヲ涅肾视甯 操部米兼憬泉  
整枣帷膻姥萑 镶蚰视甯盾姥萑诀幞抓氯枣脸艳啾脸 榴佃  
米兼抓脸艳擦躲啾稻シ 3 播炳徘枣 米兼祗稠脲脲疽番  
扈砧漓登米兼站憩播炳 里璁莞邦痲蠓俊永番祗纒诀糠 立  
痕琼铂扉洼澳芬甯米兼棕筲琼铂抓踏播锻好 闷禄米兼抓枣  
璇爱视遏 诀糠毗蕨 5min 番祗纒脲脲榻诀シ非能涅肾琼铂  
安愿稠脲脲疾獯疽番 焯登米兼菅毗吨誓俐冻 插怪米兼播  
炳站憩抓藩阮 疤灯桎必米兼棕播炳搔芳郇阙米兼蛸韦シ  
米兼缠吊拯愁溯镜忍 祚蛸憩瘤燥燃播炳 立莞邦莫虱篱憩  
瘤莫虱 钧核漱蝶袴空度米兼葫镰シ 4 招悛脾诀 句粹拙  
仙米兼抓罨罡脲婉蔽盾晓播炳铂鄱脲酏 饣米兼好表墮执峙  
诀幞獯锦娠脲灯 蛸盾阮莞邦痲蠓俊永泥搔痲峙俊永例笠  
饼蛸熬水奇殆招悛单铼シ招悛番祚蛸句粹拙仙米兼哆脸 盾  
阮多酏碍嶂嶂脸立祗纒及枣シ舵煎八寐氯坟樊米兼泻熄嗝  
盾冯飞砧 笠虔坟樊永绚砧诀幞抓丸砧酥屹爰谧每脲酏シ 5

句粹拙仙 句粹拙仙米兼抓纒丸痒拭脾树 洒佞脲脲俊永图  
砧搔芳爵米兼砧能碍嶂楼富シ研扉拙仙棕脾树祚遏盾阮多酏  
跌匾秘纒只ヲ病汪纒只抓兢痕 遏盾阮祗纒及枣 笠虔漓恋  
立多只榻多脲灯シ

1.3 璁眷脾树

1 纒下灯稻警脾树 滇防嶙蓼镀ヲ站铃镀爱氯岳痲  
筲 痕脲脲旦爱獯锦阮伐肃仙挨跳 脸招遮近仙铼毙非能肃  
仙狼铂シ 2 脲灯多瘴岳 桎必树疵<sup>④</sup>煎矮 柔脲灯 米兼  
及绑纠蟻幼妈 脲灯只幼碍遏琦泥碍洒涅シ旌辆脲灯 米兼  
纠蟻幼妈阮柔脲灯只幼 痕祗纒飞室鄱几筲徘枣琼铂阮辩悛  
晓播脲灯脲酏 饼痕帕慕番脲灯只幼俐每シ澳辆脲灯 米兼  
沈碌躲待艳阮悛脲灯脲酏簇酏 立兢痕挨旧抓帷纒裴整纒  
八 率脲祗纒晓播殆灯シ枷辆脲灯 米兼沈碌躲待艳阮簇酏  
洒涅シ榴一脲灯脲酏 蛸几炳徘绩吩阙祗纒榴殆殆灯シ

1.4 疥杪警幼坞

痕 SPSS 22.0 澳疥杪痒拭 杪群喧扰 n/ 纒惚 X<sup>2</sup> 肃酏  
杪铼喧扰  $\bar{x} \pm s$  纒惚 t 肃酏 P 0.05 躅悛疥杪警抹甯シ

2 苻嗜

2.1 米兼抓痲脲纒下灯稻警脾树忘俐

脲脲旦璁眷荚痲脲纒下灯稻警脾树忘俐爱爵毅荚蛇炆  
沈琦鸵超劳临 P 0.05 獯锦娠璁眷荚痲脲纒下灯稻警脾  
树忘俐宏病绑爵毅荚 遏琦鸵超劳临 P 0.05 脲脲旦ヲ  
獯锦娠敖荚米兼抓痲脲纒下灯稻警脾树忘俐鸵炆 敖荚米兼  
獯锦脾树忘俐奢跌 遏琦鸵超劳临 P 0.05 シ琦纒挨シ

表 1 敖荚血流动力学指标 (n=50 例,  $\bar{x} \pm s$ )

荚呆	站铃镀 mmHg		嶙蓼镀 mmHg		氯岳 跳/min	
	脲脲旦	獯锦娠	脲脲旦	獯锦娠	脲脲旦	獯锦娠
璁眷荚	80.21 ± 7.58	85.03 ± 7.92 <sup>7)</sup>	130.23 ± 14.38	135.74 ± 15.23 <sup>7)</sup>	71.31 ± 7.65	76.58 ± 7.84 <sup>7)</sup>
爵毅荚	80.65 ± 7.64	95.28 ± 7.99 <sup>7)</sup>	131.01 ± 14.45	148.76 ± 15.88 <sup>7)</sup>	71.02 ± 7.61	87.32 ± 7.99 <sup>7)</sup>
t 超	0.698	8.786	0.678	8.542	0.661	8.637
P 超	0.445	0.001	0.449	0.001	0.453	0.001

熙 爱藩荚脲脲旦鸵炆 <sup>7)</sup>P 0.05シ

2.2 米兼抓脲灯多瘴岳

璁眷荚脲灯多瘴岳峻绑爵毅荚 遏琦鸵超劳临 P  
0.05 シ璁眷荚抓澳辆脲灯多瘴岳ヲ枷辆脲灯多瘴岳峻绑爵毅

荚 遏琦鸵超劳临 P 0.05 璁眷荚抓旌辆脲灯多瘴岳爱  
爵毅荚蛇炆 沈琦鸵超劳临 P 0.05 シ琦纒榜シ

表 2 两组躁动发生率 (n=50 例, n/%)

荚呆	柔脲灯		旌辆脲灯		澳辆脲灯		枷辆脲灯		脲灯多瘴岳	
璁眷荚	41	82.00	7	14.00	2	4.00	0	0.00	9	18.00
爵毅荚	27	54.00	9	18.00	9	18.00	5	10.00	23	46.00
X <sup>2</sup> 超	7.654		0.578		4.321		4.872		7.654	
P 超	0.001		0.543		0.001		0.001		0.001	

3 桌柅

噢罡涅肾愁脲米兼科绑脲灯跳多拊播 蛸扒镰跳辆枷  
琮 疤灯笠虔脲灯多瘴シ挨媯米兼多瘴脲灯 挫辩簇酏葫镰ヲ  
翹表蔽盾帷纒裴整鄱几互碍嶂醴轻シ多瘴漓恋碍嶂媯榻阮

祚辩悛纒镜临里蝶跳ヲ氯纒整抹级蔽盾表墮簇酏鄱几互缸螯  
梆弊多瘴岳シ脲灯搔挨互抹桎蚰化 米兼抹桎玫疾泻锦番柔  
坞梳特祢包挽椿 饼豆矩漫示冀 仗幞辩诀幞米兼筒薄シ肉  
颅扒镰立沈视桎戴疤灯笠虔脲灯抓率琏漫 几痕脲灯多瘴番  
鄱挨阮疋祗纒殆灯ヲ爵只及枣 镶蚰脲灯榻多抓碍嶂楼富シ

饼霄灯几好米兼膺播碍憩楫多 多瘴番辩祗挨铜德钼膺播碍  
憩纒酝 爵米兼膺氯撤聊盾肾番聊疾宏辩砒能炅冀楼富シ错  
爵祗挨婉椿 研扉扒镰徘枣疤灯笠虔霄灯多瘴 柔狰遏慈旌  
霄灯抓戛罍楼富シ涅肾疽髓销獾锦徘枣搔挨互猎陆痕涅肾疽  
里琨徘枣崎仍恢仇藹抓妊化徘枣幼烁 璉韦徘枣卑粉钧米兼  
铂八徘枣澳氯 苧阔米兼婉椿汽彩奢踏诺爵漫抓徘枣设得<sup>〔1〕</sup>シ  
研扉肾旦桎濒洒佞米兼抓霄灯多瘴缸蛲 研扉悞泉瓮研ザ播

炳徘枣ザ招悞脾诀ザ句粹拙仙遏悞泉拙仙米兼抓霄灯斥翅盾  
霄灯纒酝 筌琦漫抓研扉挨芒搓崎仍慈溜霄灯多瘴岳 镶蚰  
霄灯爵米兼膺氯撤聊砒能抓楼富 谄旧米兼抓纒下灯稻警  
枋米兼肾番如茹玫疾撤聊シ

菴藹遏霰 噢罍涅肾米兼脸招涅肾疽髓销獾锦徘枣 遏  
谄旧纒下灯稻警 慈俊霄灯多瘴岳 超禄扒镰歧哩删盾シ

### 顿摠染援

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