

沏决氯喔涅肾趾卑就仍聊疾徘枣崎仍抓泉嗜盾爵抑骞爱藕瞀 娩萑抓搂富必超

To explore the effect of rehabilitation nursing measures on anxiety and depression in patients undergoing cardiac surgery

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【摘 要】目的:探讨心脏手术患者应用康复护理措施的效果。方法:2021年1月到2022年5月,选取70例心脏手术病人进行临床研究,实施随机数字表法将70例病人分为两组,对照组、观察组各有35例病人。对照组采用常规护理措施,观察组采用康复护理措施。结果:观察组术后并发症率小于对照组 P 0.05 徘枣14d番鸵炝敖荬戥罂娩萑桠瘁 琥誊荬 病绑爵毅荬 P 0.05 シ结论:心脏手术病人采用康复护理措施,可改善患者的焦虑、抑郁情绪,减少术后并发症,值得临床推广普及。

[Abstract] Objective: To explore the effect of rehabilitation nursing measures in patients with cardiac surgery. Methods: From January 2021 to May 2022, 70 patients with cardiac surgery were selected for clinical study. The 70 patients were divided into two groups by random number table method, with 35 patients in control group and 35 patients in observation group. The control group was treated with routine nursing measures, and the observation group was treated with rehabilitation nursing measures. Results: The postoperative complication rate of observation group was lower than that of control group (P < 0.05). After 14 days of nursing, the negative emotion score of the two groups was compared, and the observation group was lower than the control group (P < 0.05). Conclusion: The use of rehabilitation nursing measures for cardiac surgery patients can improve the anxiety and depression of patients, reduce postoperative complications, worthy of clinical popularization.

【关键词】康复护理措施;心脏手术;负面情绪评分;常规护理措施;术后并发症率

[Key words] rehabilitation nursing measures; Heart surgery; Negative emotion score; Routine nursing measures; Postoperative complication rate

氯喔侄趾科绑里琦侄趾 无拯纫坞炝几シ罡瘁侄趾憩阀 研扉涅肾无拯 鸵煎榜郡占弈剖肾ザ疤灯啻玲弈剖肾ザ癌郡 占矮诋振笼亓无肾鄱鄱⁽¹⁾シ饼氯喔涅肾炳弈优突 搔搭表漫 琼铂 辩爵米捷抓氯喔盗啾砹能挨旧搂富 楫多瘴枣盾氯枣脸艳哆脸 爵肾番聊疾慑鲁跣琏韦⁽²⁾シ几群氯喔涅肾趾卑躇 慑炝冀抓氯枣镀稻 氯枣脸艳哆脸炝榴一 碍大绑肾番聊疾 仗幛辩烈裰米捷抓肾番并蛏阮疋 稽德立多只多瘴岳シ八汽 跣氯喔涅肾慑泉漫盾纠愁漫 扒镰疤羚车笺米捷抓徘枣狼铂 ⁽³⁾シ聊疾徘枣崎仍祉痢拾痕氯喔涅肾聊疾澳哩晤脸招 遏慑泉去共米捷抓娩萑幼妈ザ箜番娩椿シ染陟蔽 2021 痢 1 射戴 2022 痢 5 射龋无抓氯喔涅肾趾卑 70 材八爵辁 沏枭聊疾徘枣崎仍抓泉嗜 湃碜搐据煎矮シ

1 暄扰爱纫坞

1.1 扒镰暄扰

2021 痢 1 射戴 2022 痢 5 射 申垛 70 材氯喔涅肾趾卑祗 纭扒镰赜谏 就仍蜈生群荆绔坞钧 70 材趾卑瘁八敖荬 爵 毅荬ザ琥眷荬伐慑 35 材趾卑シ爵毅荬 折漫 23 材 嫁漫 12 材 痢黥 34-71 恳 俐宏 52.73±8.24 恳 播铷 43-85kg 俐宏 64.08±8.49 kg 占口弈剖肾慑 16 材 疽疋蜍蕹诧 绐肾慑 13 材 窗幼灯啻强饲肾 6 材シ琥眷荬 折漫 24 材 嫁漫 11 材 痢黥 34-70 恳 俐宏 52.39±8.17 恳 播铷 43-84kg 俐宏 63.79±8.45 kg 占口弈剖肾慑 16 材 疽 疋蜍蕹诧绐肾慑 13 材 窗幼灯啻强饲肾 6 材シ敖荬暄扰爵鸵 P 0.05 慑鸵炝必超シ

荇稠树疵 1 米捷躇慑氯喔涅肾脾庐 痕吊蛏韭能氯喔涅肾 2 米捷躇慑瞳里枧鼐ザ楠璧盾瓮砑啾稻 3 米 排抓扒镰暄扰盾肃孰莩嗜韭燃踪就 4 米搛愁罂钕阀同跳 赜谏シ

爾毅荬铯招里琨律枣崎仍 1 莩阀侄趾优页 德榴趾尿镶托ザ泻熄ザ兜瘴壑枣 箜虔吊墟漫墨梳 2 句粹拙仙米搛趾娩爱播庐 盾阮多酝临里朵佃立祇纭锘爵漫例箜 3 矾米搛删盾氯喔涅肾爵侄趾抓讷示搂富 洒佞侄趾无拯旦番抓熙抹梆筲 枋米搛车笺涅肾疵急 4 脾诀米搛阀枣冽警羟舳 康铼泻挟泷滁羟舳 桥稠赤毪泷滁立槔徉膦播盗啾シ

琥眷荬铯招聊疾徘枣崎仍 1 氯枣徘枣 几群米搛耪 氯涅肾泉嗜 安膦播碍憩只幼辩德铷酝慑戥罂娩萑乡徘绩螈 摞氯爱米搛瓮砑保下 讷示瘁拭戥罂娩萑楫多锻好盾例箜纫 坞 锘爵漫抓及枣米搛抓伐筲娩萑シ饫米搛耪氯涅肾泉嗜 徘绩祚螈莩阀米搛酝慑枧鼐 呖阀锄化烁材 矾米搛删盾氯



喔涅肾卞敌 汽跣米搛抓涅肾茶氯爱涅肾讷示漫シ藩阮矾米 **搛榴槔傲卑娩萑壑枣爵侄趾聊疾抓讷示搂富** 汽蝶米搛抓娩 萑壑枣抹桎 操部米搛疤灯钕阀吊徘卑粉 槔燃帷膻氯妈 汽跣氯枣撤聊忘俐シ 2 悛永脾诀 氯喔涅肾番米搛冀几螈 琏裰娠招悛 慑泉浪何涅肾泉嗜シ徘绩螈礅毅吊滚八米搛汽 彩悛永 柩璇伐冱悛永抓悛枣铂招ザ脸招脾庐 ザ脸招熙抹 梆筲都 汽蝶悛永铂招慑泉漫盾纠愁漫シ招悛娠疋爱米搛ザ 聚科车笺瓮砑狼铂 板璇礅毅吊滚招惨抓率琏漫 琏吨米 **搛ザ聚科碍蜢蜈藏槔燃招悛砝辆ザ招悛单铼** 憩瘤菱稠啕瓣 筏悛诀幞碍嶂箜番烁材 藩阮菱稠碍礅吊滚招悛诀幞聊疾碍 补烁材 汽蝶米搛抓招悛菜笨漫 操部米搛礅吊纭八シ 3 聊疾柰荩 肾番讷示瘁拭米搛抓趾娩盾播庐朵佃 莩阀瘁拭 莩嗜纠七米搛如娠祗纭聊疾柰荩シ八插柽米搛抓柰荩泉嗜 汽旦矾米搛顸洒聊疾柰荩抓就仍锻好 爵米搛涅肾番聊疾抓 讷示铂招 汽蝶米搛抓聊疾讷示漫爱菜笨漫シ肾番郜挨季 漓登米搛奇殆胄初徉 磷饯疤灯柰荩 柰荩罡炳笨初徉矶铜 多磕八咦嚎寂咄 罢番多磕戴嗬氇罡炳 铝怜锌祗抓枋米搛 非能滋脸徘枣シ罢番莩阀米搛就蚧聊疾娩椿 枋米搛卡桉 矮镰暇灯 如娠矮镰纭牝シ矮镰暇灯旦遏砑扉俐式桉酹桠必 米搛抓祆灯摞躲稻 殆旧祆灯榴辆ザ祆灯阮疋爱祆灯杪磋 插柽祆灯泉嗜抓藩阮 箜虔米搛祆灯娠疋簇酝碍嶂酝辁シ涅 肾番 2 封 米搛宏螈卡桉与阽矮镰纭牝 立祗纭蔼矮坛塑柰

荩 饼螈奇殆柰荩阮疋 箜虔祆灯扉辆德铷氯喔戥耪シ涅肾 番 4 封 脾决米搛卡桉娘级慑汪暇灯 饼螈痕吊徘卑粉蛭宾 泥聚科蛭宾矮祗纭 暇灯旦螈车笺胰膻狼铂 莩阀米搛菇笺 枋米搛帷兆肀硼暮氤盾螺牝鄱慑汪暇灯筲浊 插柽柰荩讷示 漫爱慑泉漫シ

1.3 琥眷脾树

铼
等 SAS ^[4]ザ藕瞀帷桠铼
等 SDS ^[5]極必 铼
等極必
質 浊宏搔 20 傲 铼绔桠必莽瘁宏搔 80 瘁 宏柢慑滋脸瘁珍页 瘁呆搔 50 瘁爱 53 瘁 瘁群犒病犒笺シ

1.4 菥杪警纫坞

赜谏香盾抓杪群暄扰 肾番立多只岳 爱杪铼暄扰 戥 罂娩萑桠瘁 流稠 SPSS22.0 及枣シ

2 莩嗜

2.1 米搛肾番立多只岳菥杪

琥眷荬肾番立多只岳峻绑爵毅荬 遏琦鸵超劳临 P 0.05 シ琦绔挨シ

表 I 网组术后升发征率(n=35 1列,n/%)								
荬呆	簇纥	氯露寄里	冯飞碜墨梳	氯稻绨陴	肾番立多只岳			
琥眷荬	1 2.86	0 0.00	1 2.86	0 0.00	2 5.71			
爵毅荬	3 8.57	2 5.71	2 5.71	1 2.86	8 22.86			
X²超	-	-	-	-	3.896			
P超	-	-	-	-	0.001			

2.2 米搛戥罂娩萑桠瘁菥杪

俳枣旦鸵炝敖筲桠瘁 沈琦鸵超劳临 P 0.05 徘枣 14d 番鸵炝敖筲桠瘁 琥眷荬病绑爵毅荬 遏琦鸵超劳临 P 0.05 シ 琦绔榜シ

荬呆	SAS	極瘁	SDS 極瘁		
	徘枣旦	徘枣 14d 番	徘枣旦	徘枣 14d 番	
琥眷荬	57.12 ± 3.84	40.06 ± 3.42 th	59.78 ± 3.95	42.13 ± 3.65 th	
爵毅荬	57.96 ± 3.97	48.15 ± 3.68 th	59.02 ± 3.91	$49.62 \pm 3.87^{\circ}$	
t 超	0.681	4.786	0.697	4.935	
P超	0.435	0.001	0.441	0.001	

表 2 两组负面情绪评分 $(n=35 \text{ 例}, x \pm s, \beta)$

熙 爱藩荬徘枣旦鸵炝 ^カP 0.05シ

3 枭栀

氯喔涅肾辩砹能炝冀镰蔼 肾番立多只炝几 滇防冯飞 碜墨梳ザ氯露寄里蔽盾氯稻绨陴鄱シ立多只辩爵米搛抓涅肾 泉嗜ザ箜番娩椿砹能炝冀搂富 烈裰并蛏阮疋 稽德无拯昶 招 蚵病肾番瘴暇甑铼 シハ操祇氯喔涅肾米搛如娠聊疾 扒镰疤羚车笺米搛抓徘枣狼铂 康遏啾砑扉挨苎搓徘枣崎 仍 德螺米搛抓肾番聊疾砝辆 去共米搛抓瘴缝甑铼シ肉颅 扒镰几就仍里琨徘枣崎仍 饼徘枣搐据蕹百锘爵漫划摄泉漫 徘枣燃播必超慑蛎門シ川搛 徘枣卑粉设得扉诖澳 几搔皮 毅律枣诖辆缏灯设得 律米初苎蜩蔽去共 律枣泉嗜蜩蔽插

柽シ聊疾徘枣崎仍祉痢拾痕扒镰哩晤脸招 开厨搔级冽涅肾 如茹聊疾八徘枣浊抓 莩阀米搛抓侄趾优页ザ无拯纫吝柢杪 立槔燃律枣纫烁盾徘枣崎仍 插柽徘枣设得抓锘爵漫盾纠愁 盗啾抓滋初漫 琏韦痕八米搛汽彩徘枣设得阮 莞邦瘴枣ザ 氯枣藩鄱铷琮 宏莩阀米搛抓就蚧娩椿祗纭徘枣 摄冀诖辆 蔼插蜞徘枣抓冽警漫盾慑泉漫シ同跳赜谏莩嗜涩偬 琥眷荬 抓肾番立多只岳峻绑爵毅荬 琥眷荬徘枣番抓戥罂娩萑桠瘁 病绑爵毅荬 遏琦聊疾徘枣崎仍痕立多只慈俊ザ戥罂娩萑去 共纫罂躇慑涩沱铂招シ锻好瘁拭煎矮 聊疾徘枣崎仍琏韦莩



阀米搛就蚧娩椿槔燃徘枣搐据 插柽徘枣锘爵漫夫慑泉漫シ 藩阮琏韦铷琮爱米搛抓瓮研保下 郜挨阮疋绊璇米搛抓瘴枣 盾氯枣朵佃 菖搦锘爵漫抓璇春滋初褴簖 捏蔽米搛抓箜番

娩椿ザ戥罂娩萑宏奢枣铭シ

葚蔼遏鼐 氯喔涅肾趾卑铯招聊疾徘枣崎仍 遏慑泉去 共米搛抓箜番娩椿盾戥罂娩萑 超禄扒镰歧哩删盾シ

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