麟赴瞩颧拯番堕嘌魎口迫表抓徘枣例箜播辩!

Ovstjoh!Joufswfoujpo!pg!Psbm!Nvdptb!Jokvsz!bgufs!Sbejpuifsbqz!gps!Obtpqibszohfbm!Dbsdjopnb!

羚陕 [iboh!Kjoh!
)法逝仔砑佃雷澳氯吊蛏咦咒榜冽!!245111*!
)Kjnjo!Upohivb!Dfousbm!Iptqjubm!Dbodfs!Efqbsunfou!JJ!245111*!

【摘　要】目的：分析护理干预对鼻咽癌患者放疗后口腔黏膜损伤的影响。方法：选取于 2021 年 11 月-2022 年 11 月期间到本院接受放疗治疗的鼻咽癌患者作为样本来进行本次研究，选取样本量为 20 例，将这 20 例鼻咽癌患者做随机分组处理后分为两组，即研究组以及常规组，每组各划入患者 10 例，其中常规组患者接受常规护理，研究组患者接受综合护理，并分析比较两组患者的口腔黏膜损伤发生率、心理状况、睡眠质量以及口腔症状评分等指标。结果：统计两组鼻咽癌放疗患者口腔黏膜损伤发生率的差异可知，研究组患者的口腔黏膜损伤发生率低于常规组（P＜0.05）；分析两组鼻咽癌放疗患者心理状况的差异可知，研究组患者的心理状况改善情况优于常规组（P＜0.05）；观察两组鼻咽癌放疗患者睡眠质量的差异可知，研究组患者的睡眠质量得到显著提升（P＜0.05）；比较两组鼻咽癌放疗患者口腔症状评分之间的差异，研究组患者的口腔症状评分的低于常规组（P＜0.05）。结论：对于采用放疗治疗的鼻咽癌患者来说，应接受综合护理进行护理干预，这种护理方式可以有效改善患者口腔症状以及心理状况，提升患者睡眠质量，降低患者口腔黏膜损伤发生率，应用效果显著。

[Abstract]Objective: To analyze the effect of nursing intervention on oral mucosa injury in patients with nasopharyngeal carcinoma after radiotherapy. Methods: The nasopharyngeal carcinoma patients who received radiotherapy in our hospital from November 2021 to November 2022 were selected as samples for this study. The sample size was 20 cases. The 20 nasopharyngeal carcinoma patients were randomly divided into two groups, namely the study group and the conventional group. Each group was divided into 10 patients, of which the patients in the conventional group received conventional care and the patients in the study group received comprehensive care, The incidence of oral mucosal injury, psychological status, sleep quality and oral symptom score were analyzed and compared between the two groups. Results: According to the statistics of the difference in the incidence of oral mucosal injury between the two groups, the incidence of oral mucosal injury in the study group was lower than that in the conventional group (P<0.05); By analyzing the difference of psychological status between the two groups of nasopharyngeal carcinoma patients receiving radiotherapy, it can be seen that the improvement of psychological status in the study group was better than that in the conventional group (P<0.05); According to the difference of sleep quality between the two groups of nasopharyngeal carcinoma patients receiving radiotherapy, the sleep quality of the patients in the study group was significantly improved (P<0.05); To compare the difference of oral symptom scores between the two groups, the oral symptom scores of patients in the study group were lower than those in the conventional group (P<0.05). Conclusion: The patients with nasopharyngeal carcinoma treated by radiotherapy should receive comprehensive nursing intervention. This kind of nursing can effectively improve their oral symptoms and psychological status, improve their sleep quality, and reduce the incidence of oral mucosal injury.

【关键词】鼻咽癌；放疗；口腔黏膜损伤；护理干预；体会

【Key words】Nasopharyngeal carcinoma; Radiotherapy; Oral mucosa injury; Nursing intervention; experience

!

麟赴瞩科绑扒镰蔼炝八里琦抓挨沍寐漫咦咒 K厨多趾岳炝跌 K米趾番辩诀幞米搡瘴暇甑铢矮蚵 K膻氯撤聊躲戴熬铞搂富 K好同螈盾阮德蔽棺无[2]シ扒镰蔼锘爵麟赴瞩米搡抓无拯疤琏蔽颧菌无拯八疤 K厨拯泉炝八涩沱 K饼扒镰就朊绔洒 K冀罡瘁麟赴瞩米搡痕祗纭颧菌无拯娠疋藩抹簇酝堕嘌迫表 K立宾慑碍遏诖辆抓堕嘌嗅证ザ魎口芩夜蔽盾堕嘌执峙鄱 K熬铞阮仗幛搂富米搡祗舳 K立簇酝挡一执峙 K诀幞无拯澳认 K好同祚螈莞邦米搡堕嘌徘枣例箜[3]シ浊旦扒镰蔼锘爵麟赴瞩颧拯米搡抓徘枣疤琏蔽甚阀徘枣八疤 K砑扉甚阀徘枣拾蚵病米搡堕嘌魎口迫表多瘴岳シ八绊沏谏徘枣例箜爵麟赴瞩米搡颧拯番堕嘌魎口迫表抓搂富 K同跳赜谏冲垛绊 31 材米搡祗纭赜谏 K酝车簇煎矮湃芬シ!

2ザ暄扰爱纫坞!

2/2 挨峋暄扰!

婶跳赜谏抓犄酮阮疋瘁呆八 3132 痢 22 射爱 3133 痢 22 射 K荇稠赜谏抓 31 材双婶宏八祢挨虺颓戴婶蛏棋躲颧拯无拯抓麟赴瞩米搡 K钧祢包米搡皮毅蜈生瘁荬坞瘁荬番禄戴赜谏荬爱里琨荬敖荬 K拖荬伐荇稠米搡 21 材シ里琨荬捏荇稠抓 21 材米搡澳慑 7 材折漫米搡爱 5 材嫁漫米搡 K痢黯摄冀盾痢黯摄峻抓瘁呆八 83 恳爱 52 恳 K杪塾俐宏痢黯仙旧超八 G65/54丫2/43H 恳シ赜谏荬捏荇稠抓 21 材米搡澳慑 6 材折漫米搡爱 6 材嫁漫米搡 K痢黯摄冀盾痢黯摄峻抓瘁呆八 82 恳爱 53 恳 K杪塾俐宏痢黯仙旧超八 G65/46丫2/23H 恳 K敖荬麟赴瞩颧拯米搡抓恢荤暄扰躇宏绂漫 GQ]1/16Hレ!

荇稠树疵 YG2H莜扒镰棺认佞棺八麟赴瞩安祗纭颧拯无拯 ZG3H痕婶跳赜谏磷饯旦立沈簇酝堕嘌魎口迫表 ZG4H鼐沙赜谏纫坞ザ下诖盾浊抓番厶查藩抹扮 ZG5H绔熹啾稻ザ瓮砑啾稻爱蛮菅抹桎瞳里シ!

七蚴树疵 YG2H阀立熬铞哎ザ哞ザ氯鄱憨厩盗啾侄趾泥蜞佗搡 ZG3H唛咒祠及飓诋搡 ZG4H阀立愁膻墨梳漫侄趾爱纡销芒莽侄趾搡 ZG5H及绑刚半娠泥茧侥娠抓嫁漫米搡シ!

2/3 纫坞!

莞邦里琨荬米搡里琨徘枣例箜 Y徘枣卑粉皮毅颧拯琏韦爱米搡就蚴趾娩莞邦厨招悛拙遵ザ瘴暇徘枣蔽盾堕嘌恢仉徘枣鄱里琨徘枣例箜シ!

莞邦赜谏荬米搡甚阀徘枣例箜 YG 2 H 堕嘌氨笋徘枣 Y 徘枣卑粉螈八米搡尹硼阀憩抓痈代祗纭代痈 K立蔽惋殆痈嚅八疤 K痕八米搡祗纭毅菌无拯旦 K螈钧鼹黢爱霸黢裴蚴 K笨搦蚵病米搡多瘴堕嘌魎口迫表抓舡蛲 K藩阮扼滚米搡羝番盾阮丫堕 K丫堕忘尹硼獍拧忘ザ堕晰ザ挟捉磷忘蔽盾声戢竣销鄱 K八虔酮米搡多瘴堕嘌墨梳 K遏祗纭拖茹 4 跳廊而抓獍拧忘丫堕シ爱同藩阮 K徘枣卑粉祚螈扼滚米搡部招鼎与艉躇 K插毗羟舳兜瘴 K立爵米搡搔芳簇酝硬幼注口ザ赤纰蔽盾芩夜鄱堕嘌魎口娩椿祗纭甭茸琥眷 K 荸阀米搡躇播抓 qⅠ 超拾祗纭惛销抓尹硼 K拖茹祗纭 3.4 跳抓堕嘌德榴徘枣シ蚴同罢级 K祚遏蔽八米搡尹硼掇扰沟舡榷ザ瘐堙榷蔽盾珲崭蟊鄱澳能惛八米搡祗纭镶尧酮峙爱堕嘌魎口插徘例箜 K煎慑螈琏祚遏蔽砑扉蠛啻旬熙菅瘴苡蔽盾泷滁销抓纫吝祗纭例箜 K立操祗米搡嗅证罂抓膜阀シG 3 H 氯枣徘枣例箜 Y 兆绑侄趾爱堕嘌魎口迫表抓搂富 K米搡辩簇酝炝八榴一抓执峙墨 K祢辩诀幞米搡簇酝炝八熬铞抓氯枣戬耪 K罡瘁米搡仗幛辩簇酝胚菁钕阀无拯抓娩椿 K好同徘枣卑粉翦斥琏八米搡枢璇簇酝堕嘌魎口迫表抓躇播锻好 K立莞邦米搡氯枣渠毗徘枣 K搭猎嶂笺抓徘米初芑 K笨搦汽蝶米搡菜笨漫シG 4 H 泷滁爱羟舳例箜 Y 徘枣卑粉琏扼滚米搡几羟忘 K立部招珲汐顿ザ阆猃蔽盾铖鹇猃鄱祗纭务怄 K拖茹羟招铢奇殆痕 4111n㈱ 廊而シ痕羟舳纫罂 K琏扼滚米搡蔽脸粳忘嗜ザ病嗖ザ跣菅瘴苡蔽盾跣彖注舳永八疤 K立匍酮米搡舳招扉伉ザ扉胰ザ扉唇蔽盾熳噢鄱躇慑待艳漫舳永 K礅铝几艉俊舳抓羟舳锻挫シ!

2/4 桠必树疵!

G 2 H 荬疋堕嘌魎口迫表多瘴岳劳临瘁拭!

皮毅合搐唛咒颧拯盯铂荬脾诀抓颧拯迫表瘁荛拾爵敖荬麟赴瞩米搡抓堕嘌魎口迫表娩椿祗纭瘁荛 K米搡沈簇酝堕嘌魎口迫表八 1 荛 K米搡兢痕旌旅执峙ザ堕嘌魎口茕唛蔽盾赤纰只幼八＃荛 K米搡执峙诖辆八澳辆安堕嘌魎口簇酝芩夜泥茕唛八￥荛 K米搡执峙诖辆熬铞安堕嘌魎口簇酝冀罂讷芩夜八%荛 K 米搡堕嘌魎口簇酝猴筒ザ簇纰蔽盾嗅证八＆荛 K莽多瘴岳>G ＃荛,￥荛,%荛,＆荛 H◊莽材群〃211&⑷シ!

G 3 H 荬疋氯枣幼椿劳临瘁拭!

部招氯枣幼椿只幼帷桠铼绔拾桠濒敖荬麟赴瞩米搡徘枣旦盾徘枣番抓氯枣幼椿朵佃娩椿 K 躇播脾树滇篷慑痊爵ザ藕瞥ザ茂民蔽盾抑骞鄱 K禄瘁犒跌绔傯米搡氯枣幼椿犒劳⑸シ

G 4 H 荬疋罪宗甑铼劳临瘁拭!

部招刁雏汇罪宗甑铼桠瘁铼绔瘁呆爵敖荬麟赴瞩米搡徘枣旦盾徘枣番抓罪宗甑铼祗纭桠瘁 K躇播脾树滇篷慑琚铞跳群ザ罪宗蜞佗ザ罪宗阮疋蔽盾罪宗泉岳鄱 K禄瘁犒病绔傯米搡罪宗甑铼犒跣⑹シ!

G 5 H 荬疋堕嘌只幼桠瘁劳临瘁拭!

部招弁腮堕嘌岵憩漫铼绔瘁呆绑徘枣旦盾徘枣番爵敖荬麟赴瞩米搡抓堕嘌只幼祗纭桠瘁 K厨澳滇篷慑堕例ザ赴峙蔽盾峰琚去朵鄱脾树 K 只幼熬铞杪 4 瘁 K 只幼铞辆杪 3 瘁 K 只幼旌辆杪 2 瘁 K柔只幼杪 1 瘁 K禄瘁犒跣绔傯米搡只幼犒熬铞⑺シ!

2/5 薪杪警瘁拭纫坞!

铂招 TQTT 31/1 及枣滋初群葡暄扰 K〗夫 Y³肃酹荬疋群葡 K 树疵劳&绔傯杪铼暄扰ザ杪群暄扰 KQ [1/16 八慑薪杪警抹霸シ!

3/荸嗜!

3/2 荬疋堕嘌魎口迫表多瘴岳劳临瘁拭 K 椁娩煎绔 2 捏傯シ!

表 1 两组患者口腔黏膜损伤发生率对比（n，%）

荬呆!	材群!	＃荛!	￥荛!	%荛!	＆荛!	莽多瘴岳 G＆H!
赜谏荬!	21!	2G21/11H!	2G21/11H!	1G1/11H!	1G1/11H!	3G31/11H!
里琨荬!	21!	3G31/11H!	3G31/11H!	3G31/11H!	2G21/11H!	8G81/11H!
△³超!	.!	.!	.!	.!	.!	6/161!
Q 超!	.!	.!	.!	.!	.!	Q [1/16!

3/3 荬疋氯枣幼椿劳临瘁拭 K 椁娩煎绔 3 捏傯シ!

表 2 两组患者心理状况对比（$\bar{x}\pm s$，分）

荬呆!	材群!	痊爵!		藕瞥!		茂民!		抑骞!	
		徘枣旦!	徘枣番!	徘枣旦!	徘枣番!	徘枣旦!	徘枣番!	徘枣旦!	徘枣番!
赜谏荬!	21!	39/42ˇ2/32!	22/54ˇ2/45!	36/55ˇ2/52!	22/45ˇ2/53!	35/62ˇ2/24!	22/45ˇ2/56!	44/32ˇ2/45!	23/44ˇ2/32!
里琨荬!	21!	39/37ˇ2/15!	27/32ˇ2/42!	36/42ˇ2/41!	29/45ˇ2/22!	35/23ˇ2/43!	27/45ˇ2/66!	44/47ˇ2/31!	36/42ˇ2/33!
〗超!	.!	1/1::!	9/177!	1/325!	23/392!	1/81:!	8/55:!	1/374!	34/998!
Q 超!	.!	Q] 1/16!	Q [1/16!	Q] 1/16!	Q [1/16!	Q] 1/16!	Q [1/16!	Q] 1/16!	Q [1/16!

3/4 荬疋罪宗甑铼劳临瘁拭 K 椁娩煎绔 4 捏傯シ!

表 3 两组患者睡眠质量对比（$\bar{x}\pm s$，分）

荬呆!	材群!	罪宗蜞佗!	罪宗泉岳!	罪宗阮疋!	琚铞跳群!

		徘枣旦!	徘枣番!	徘枣旦!	徘枣番!	徘枣旦!	徘枣番!	徘枣旦!	徘枣番!
赜谏荬	21!	3/72ˇ1/32!	1/59ˇ1/43!	3/55ˇ1/34!	1/45ˇ1/33!	3/62ˇ1/42!	1/45ˇ1/26!	3/3:ˇ1/43!	1/45ˇ1/32!
里琨荬	21!	3/6:ˇ1/33!	2/32ˇ1/42!	3/54ˇ1/35!	2/45ˇ1/32!	3/63ˇ1/42!	2/45ˇ1/24!	3/42ˇ1/42!	2/42ˇ1/33!
ш超!	.!	1/318!	6/292!	1/1:6!	21/4:8!	1/183!	26/:42!	1/252!	21/196!
Q超!	.!	Q] 1/16!	Q [1/16!	Q] 1/16!	Q [1/16!	Q] 1/16!	Q [1/16!	Q] 1/16!	Q [1/16!

3/5 荬疋堕嘌只幼讷瘁劳临瘁拭 K 椁娩煎绔 5 捏傥汐!

表 4 两组患者口腔症状积分对比（$\bar{x}\pm s$，分）

荬呆!	材群!	峰琚去朵!		堕例!		赴峙!	
		徘枣旦!	徘枣番!	徘枣旦!	徘枣番!	徘枣旦!	徘枣番!
赜谏荬!	21!	3/44ˇ1/34!	1/32ˇ1/23!	3/85ˇ1/32!	1/32ˇ1/23!	3/32ˇ1/42!	1/45ˇ1/32!
里琨荬!	21!	3/45ˇ1/43!	2/32ˇ1/37!	3/82ˇ1/42!	2/55ˇ1/22!	3/42ˇ1/32!	2/42ˇ1/33!
ш超!	.!	1/191!	22/154!	1/364!	34/9:4!	1/955!	21/196!
Q超!	.!	Q] 1/16!	Q [1/16!	Q] 1/16!	Q [1/16!	Q] 1/16!	Q [1/16!

4ザ枭栀!

麟赴瞩科绑扒镰蔼抓里琦趾盾几多趾 K米趾番辩熬铞搂富米搀膻氯撤聊仗幛瘴缝纠愁 K好同螈盾阮棋躲颧菌无拯[8']シ颧菌无拯科绑麟赴瞩米搀脸招摄八哩晤安慑泉抓挨沍无拯涅颓 K如娠抓颧菌无拯遏蔽慑泉汽蝶米搀傍痢瘴兢岳 K饼痕八米搀祗纭颧菌无拯娠疋多酝 K颧菌无拯碍备遏蔽爵唛咒荭啁祗纭牲表 K藩阮祚辩迫表米搀瞳里荭啁 K优呆搔堕嘌魎口荭啁 K兆绑米搀葛销噙蔽盾嘹噙宏及绑毅菌馑核 K好同无拯娠疋据腮诀幙米搀葛销噙磉戴劂猴 K蚵病葛销瘁午铢 K笨搦蚵病米搀抓堕嘌帷熄盗啾[9']シ爱同藩阮 K 颧菌无拯祚据腮诀幙米搀簇酝堕嘌旅纡壑迹唛哧 K部纡彩多瘴蜞佗 K笨搦诀幙堕嘌魎口尧抓篾多 K颧菌无拯例笠番 K米搀堕嘌搐抓铋辆辩簇酝稽德抓娩椿 K 部 q I 超蚵病 K 诀幙锻慑抓旅瘴永蕴货簇酝寄槔 K蚴同罢级 K颧菌无拯祚辩痕挨旧诖辆蔼迫表米搀愁!

膻冲吱盗啾 K伐沍好苡抓呖阀铂招示腮诀幙米搀多瘴堕嘌魎口迫表 K好同祚螈痕米搀抓颧菌无拯娠疋莞邦米搀徘枣例笠[:']シ浊旦扒镰蔼锘爵麟赴瞩颧拯米搀抓徘枣疤琏蔽甚阀徘枣八疤 K 甚阀徘枣科绑挨沍冽警漫ザ芒莳漫ザ愁罂漫蔽盾琨馑漫炝跣抓徘枣腾吝 K厨徘枣搐据炝八芭炬安慑泉 K痕八麟赴瞩米搀祗纭徘枣阮遏蔽荸阀米搀扒镰无拯抓优突漫拾八厨尹硼躇慑锘爵漫抓徘枣崎仍 K 厨徘枣搐据蔽堕嘌氦笞徘枣ザ氯枣徘枣例笠蔽盾泷滁爱羟舢徘枣例笠鄱八疤 K砑扉祢挨芒搓徘枣崎仍抓例笠遏蔽慑泉蚵病米搀多瘴堕嘌魎口迫表抓舡蛲 K立汽蝶徘枣泉嗜シ婶跳赜谏荸嗜涩傥 K莜甚阀徘枣例笠抓赜谏荬澳 K米搀抓堕嘌魎口迫表多瘴岳ザ氯枣幼椿ザ罪宗甑铢蔽盾只幼讷瘁鄱脾树洒涩卞绑里琨荬シ!

甚蔼捏恶 K痕八麟赴瞩颧拯米搀祗纭徘枣阮 K脸蔽甚阀徘枣八疤琏徘枣纫烁 K 厨徘枣泉嗜跌瘁涩沱シ!

顿摁染援!

\2^圣磅翳-蚓旭晕-赂峻蠓/麟赴瞩颧拯捏幙曼漫颧菌漫堕嘌魎口哆脸熬铞诖辆抓豆蛲好苡盾徘枣爵劬\K^/澳级吊警赜谏-3132-2:)29*;283.285/!

\3^月晕晕/诖怜佃执峙徘枣呖阀蝽虱佃堕嘌徘枣爵麟赴瞩颧拯趾卑堕嘌魎口尧ザ执峙诖辆盾罪宗甑铢抓搂富\K^/愁冽徘枣-3132-2:)17*;893.896/!

\4^逝标矫-动峻巴-鼾眨矫-鄱/愁纫炳徘枣例笠爵蚵病麟赴瞩米搀槔榴颧拯番堕嘌魎口哆脸抓搂富\K^/澳合悛永爱扒镰-3132-32)12*;274.276/!

\5^非翅悴/恢绑柽葡抓盯藩徘枣腾吝痕麟赴瞩槔榴颧拯米搀堕嘌魎口尧虔无澳抓脸招\K^/污定吊警赜谏-3131-3:)36*;589:.58:1/!

\6^纫劫幕-畏陕陕-慎涿/腕完艳炽徘枣例笠爵麟赴瞩米搀颧菌漫堕嘌魎口尧迫表盾罪宗甑铢抓搂富\K^/! 按珍罪宗吊警升略-3131-8)19*;2513.2515/!

\7^抑赋懔-蚣蟑-月曹-鄱/QEDB 徘枣例笠痕笠虔麟赴瞩颧菌无拯米搀堕嘌魎口迫表澳抓铂招沏枭\K^/兜瘴呒胺缺哜-3131-49)24*;262.264/!

\8^玖补壤-魇补-泾散饮/芒莳徘枣例笠呖阀澳吊蟆佃飞稠爵麟赴瞩颧拯番曼漫堕嘌魎口嗅证米搀瘴暇甑铢抓搂富\K^/嚎烂澳吊-312:-48)22*;315.319/!

\9^羚侬瞻/芒莳徘枣例笠爵蚵病麟赴瞩槔榴颧拯番堕嘌魎口哆脸抓搂富瘁拭\K^/! 澳级吊拯-312:-49)36*;255.258/!

\:^髑巴蟑/卞甑徘枣例笠爵蚵病麟赴瞩米搀槔榴颧拯番堕嘌魎口哆脸抓搂富赜谏\K^/法逝吊警-312:-51)18*;2753.2754/!

!

!