

舒适化浅镇静护理策略在 ICU 机械通气患者中的应用效果评价

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【摘要】目的: 为有效提高 ICU 机械通气患者一次性成功拔管率, 降低不良事件发生风险, 缩短机械通气时间及住院时间, 更好促进患者康复, 对舒适化浅镇静护理策略的应用效果作进一步探究, 为临床提供有效参考依据。**方法:** 研究筛选出共 80 例 ICU 机械通气患者为研究对象, 都于 2021 年 1 月-2022 年 1 月期间进入本院治疗, 按接收治疗顺序平均分为对照组和观察组 (每组各 40 例)。**结果:** 统计研究表明, 两组在采取不同的护理方法后, 通过舒适化浅镇静护理策略的观察组患者不良事件发生率明显低于对照组, 机械通气时间、ICU 住院时间相比较于对照组更短, 一次性成功拔管率较对照组更高, 组间数据差异明显, $P < 0.05$, 说明存在对比意义。**结论:** 分析表明, 舒适化浅镇静护理策略对 ICU 机械通气患者的不良事件发生率有显著降低作用, 有效缩短机械通气时间以及 ICU 住院时间, 护理效果显著, 应用价值良好, 对此护理方案建议大力推广应用。

【关键词】 舒适化浅镇静护理策略; ICU; 机械通气

Evaluation of Application Effect of Comfort Shallow Sedation Nursing Strategy in ICU Patients with Mechanical Ventilation

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Abstract: Objective: To effectively improve the one-time successful extubation rate of ICU patients with mechanical ventilation, reduce the risk of adverse events, shorten the time of mechanical ventilation and hospitalization, and better promote the rehabilitation of patients, further explore the application effect of comfortable shallow sedation nursing strategy, and provide effective reference for clinical practice. Methods: A total of 80 patients with mechanical ventilation in ICU were selected as the study objects, who were all admitted to our hospital for treatment from January 2021 to January 2022. They were equally divided into the control group and the observation group (40 patients in each group) according to the order of receiving treatment. Results: The statistical study showed that after the two groups adopted different nursing methods, the incidence of adverse events in the observation group was significantly lower than that in the control group, the duration of mechanical ventilation and ICU hospitalization was shorter than that in the control group, and the one-time successful extubation rate was higher than that in the control group. The data between the two groups were significantly different ($P < 0.05$), indicating that there was a comparative significance. Conclusion: The analysis shows that the comfort shallow sedation nursing strategy can significantly reduce the incidence of adverse events in ICU patients with mechanical ventilation, effectively shorten the duration of mechanical ventilation and ICU hospitalization, with significant nursing effect and good application value. It is suggested that this nursing program be vigorously promoted.

Keywords: Comfortable shallow sedation nursing strategy; ICU; Mechanical ventilation

ICU

ICU

ICU

2 /d 20min/

2 /d 20min/ [2]

/

15-20min/

ICU

37

36-37

10-20 l/

250ml

1 /4h

80 ICU

25-30cm 2 1cm 2 =0.098kPa

2021 1 -2022 1 1.2.2

1 3

8

1 资料与方法

1.1

80 ICU

[3]

2021 1 -2022 1

2

40

28 12

33-72

49.73 ± 8.36

31 9

[4]

35-73

55.82 ± 9.81

p 0.05

≥ 18 3

≥ 24h

1.2

4

1.2.1

3 /d

[5] ICU

1.3

ICU 2.72±2.04 d ICU
5.43±3.01 d 5.47±3.12 d
ICU 7.39±3.09 d P 0.05

1.4

SPSS23.0 2.2
 $\bar{x} \pm s$ % 38 95.00% 27 67.50%
t χ^2 P 0.05 P 0.05
2.3 1

2 结果

2.1

ICU

1

n %

	40	2 5.00	2 5.00	2 5.00	3 7.50	2 5.00	3 7.50
	40	7 17.50	8 20.00	6 15.00	12 30.00	6 15.00	8 20.00
χ^2		4.969	3.514	5.211	7.548	6.221	4.374
P		0.05	0.05	0.05	0.05	0.05	0.05

3 讨论

ICU

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