

老年股骨颈骨折合并糖尿病围术期护理干预分析

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【摘要】目的：探讨在股骨颈骨折并发糖尿病老年病患围术期中实施护理干预的价值。方法：试验者是 2021.01 至 2022.06 在医院行手术治疗的股骨颈骨折并发糖尿病老年病患 60 例，采取数字奇偶法分组，将 30 例接受围术期常规护理者设为对照组，另一组设为观察组，病例数为 30 例，护理方法为围术期综合护理，比对护理质量及并发症间差异。结果：观察组病患满意度、骨折愈合时间、焦虑抑郁心理、血糖水平及生活质量指标优于对照组病患， $P < 0.05$ ；观察组病患并发症率低于对照组病患， $P < 0.05$ 。结论：以围术期综合护理进行干预，可对病患不良心理进行缓解，有效控制其血糖水平，同时还能缩短康复时间，减少并发症发生，利于提升病患满意度及改善其预后，临床借鉴意义较高。**【关键词】**：围术期护理；糖尿病；股骨颈骨折；老年；护理质量；并发症

Analysis of Perioperative Nursing Intervention of Senile Femoral Neck Fracture with Diabetes

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Abstract: Objective: To explore the value of perioperative nursing intervention in elderly patients with femoral neck fracture complicated with diabetes. Methods: The experimenter was 60 elderly patients with femoral neck fracture complicated with diabetes who were operated in hospital from January 2021.01 to June 2022.06. The digital parity method was used to group them. 30 patients who received routine perioperative care were set as the control group, and the other group was set as the observation group. The number of cases was 30. The nursing method was comprehensive perioperative care, and the differences between the quality of care and complications were compared. Results: The patients' satisfaction, fracture healing time, anxiety and depression, blood glucose level and quality of life in the observation group were better than those in the control group ($P < 0.05$); The complication rate of patients in the observation group was lower than that of patients in the control group ($P < 0.05$). Conclusion: Perioperative comprehensive nursing intervention can alleviate patients' unhealthy psychology, effectively control their blood glucose level, shorten the recovery time, reduce complications, improve patients' satisfaction and improve their prognosis, which is of great clinical significance.

Keywords: Perioperative nursing; Diabetes; Femoral neck fracture; Elderly; Nursing quality; Complication

[3]

[1]

[2]

1 资料与方法

1.1

2021.01 2022.06
60
65 88 75.64±7.21
18 12 1 8 3
3.69±1.02
10 17
3 85 67
75.29±7.15 15
9 1 3.78±1.14
12
16 2
P 0.05
1
2
6h
≥65 3 4 2d 3d
5 50 °
1 3 1.3
4 1
5 6 100
1.2 50 53
2h 2h
1 7.78mmol/L
3.89mmol/L-6.10mmol/L
100
2 a. b. c.
1.4
SPSS22.0
/%
x±s t
2 P 0.05

2 结果

2.1

1	P 0.05	1	x±s n=60				
/	/d	/	/	/mmol·L	2h /mmol·L	/	/
78.75± 3.82	37.19± 4.08	45.71± 4.02	46.94± 2.35	7.89± 1.02	8.34± 1.26	78.72± 3.92	
86.15± 3.71	30.74± 3.52	37.62± 3.47	37.82± 3.12	6.23± 1.38	7.51± 0.89	82.65± 3.04	

t	7.611	6.556	8.344	12.789	5.298	2.947	4.339
P	0.000	0.000	0.000	0.000	0.000	0.005	0.000

1

2.2 [7]

7 2

4 1 23.33%

1 3.33%

$\chi^2=5.192$ $P=0.023$ P

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0.05

3 讨论