

中药足浴改善慢性乙型肝炎伴失眠的护理效果分析与探究

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【摘要】：目的：探析慢性乙型肝炎伴失眠患者采取中医护理的效果。方法：选取 2020 年 3 月至 2021 年 4 月收治的慢性乙型肝炎伴失眠患者 50 例，随机分为观察组和对照组各 25 例，对照组给予温水足浴，观察组实施中药足浴，对比效果。结果：观察组睡眠质量评分低于对照组 ($P<0.05$)；观察组生活质量评分低于对照组 ($P<0.05$)。结论：中医干预可有效改善慢性乙型肝炎伴失眠患者的睡眠障碍，提升生活质量。

【关键词】：慢性乙型肝炎；中医；失眠；护理干预；生活质量

Analysis of Nursing Effect of Traditional Chinese Medicine on Chronic Hepatitis b with Insomnia

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Abstract: Objective: To explore the effect of traditional Chinese medicine nursing on chronic hepatitis B patients with insomnia. Methods: 50 patients with chronic hepatitis B and insomnia admitted from March 2020 to April 2021 were randomly divided into the observation group and the control group with 25 cases each. The control group was given warm water foot bath, and the observation group was given traditional Chinese medicine foot bath. Results: The sleep quality score of the observation group was lower than that of the control group ($P<0.05$); The score of quality of life in the observation group was lower than that in the control group ($P<0.05$). Conclusion: TCM intervention can effectively improve the sleep disorder of patients with chronic hepatitis B and insomnia, and improve the quality of life.

Keywords: Chronic hepatitis B; Chinese medicine; Insomnia; Nursing intervention; Quality of life

		50			
		2020	3	2021	4
		25	13	12	50.22 ± 0.11
60%		25	14	11	49.33 ± 0.22
		P>0.05			

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[3]

50

1 资料和方法

1.1

1.2

15g 15g 1500ml 30g 10g 30g 3000ml 45
0.5~1h
1h 1000ml 1.3
PSQI
40 1000ml [4] SF-36
2000ml [5]
40~50 20~30min/ 1.4
1 /d 4 SPSS18.0 % X²
 $\bar{x} \pm s$ t P 0.05

2 结果

2.1

P>0.05)

P<0.05

1 [$\bar{x} \pm s$]

												PSQI	
	2	2.44 ±	1.61 ±	1.82 ±	1.05 ±	2.41 ±	1.71 ±	2.69 ±	1.66 ±	2.32 ±	1.20 ±	11.68	7.55 ±
	5	0.30	0.23	0.21	0.14	0.41	0.14	0.24	0.18	0.42	0.31	± 1.58	1.00
	2	2.50 ±	2.16 ±	1.78 ±	1.45 ±	2.38 ±	2.02 ±	2.64 ±	2.21 ±	2.34 ±	1.90 ±	11.67	9.74 ±
	5	0.33	0.26	0.21	0.15	0.40	0.22	0.43	0.25	0.26	0.17	± 1.63	1.05
t		0.102	6.331	0.521	5.201	0.362	4.502	0.521	6.325	0.140	4.220	0.210	5.201
P		>0.05	<0.05	>0.05	<0.05	>0.05	<0.05	>0.05	<0.05	>0.05	<0.05	>0.05	<0.05

2.2

3.79

59.90 ± 4.26

66.88 ± 3.47

52.13 ±

52.31 ± 4.46

2.76

60.49 ± 4.58

72.39 ± 3.26

61.79 ± 3.59

62.39 ±

t=0.221 0.521 0.362 0.521 0.521 0.325 0.112

3.76

59.49 ± 4.69

0.121 P>0.05

66.39 ± 3.12

51.49 ±

3.50

63.26 ± 4.49

52.36 ± 3.15

74.26 ± 4.55

83.66 ± 3.92

60.41 ± 4.66

71.92 ± 3.71

81.49 ± 4.26

74.49 ±

62.31 ± 2.30

62.53 ±

6.39

73.53 ± 4.19

84.53 ± 3.68 71.38 ±
4.29
54.55 ± 3.26
61.23 ± 4.02 76.33 ± 2.76
61.25 ± 3.76 66.59 ±
4.71 61.23 ± 4.43
73.06 ± 2.51 52.30 ±
2.77
t=5.114 6.325 5.201 6.325 8.254 7.554 6.398
5.214 P<0.05
3 讨论

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