

康复训练配合舒适护理在腰椎压缩性骨折中应用

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【摘要】：目的：探讨早期康复训练配合舒适护理应用在腰椎压缩性骨折患者护理中的临床效果。方法：选取 2019 年度 10 月到 2021 年度 10 月期间收治的腰椎压缩性骨折患者作为研究对象，选取其中的 86 例，采用随机数字表法将患者分为两组进行对比，分别为实验组、对照组，每组有患者人数为 43 人。对照组进行舒适护理，实验组在对照组的基础上进行早期康复训练配合舒适护理，将患者的护理满意率、并发症发生率进行对比。结果：实验组患者的护理满意度更高，数据之间对比结果显示存在差异 ($P < 0.05$)，实验组患者护理后的并发症发生率降低，数据对比有差异 ($P < 0.05$)；对照组患者的疼痛评分高于实验组，数据存在差异具有临床统计学意义 ($P < 0.05$)。实验组护理后 1、3 个月的骨密度均显著优于对照组，数据之间有差异存在 ($P < 0.05$)。对照组患者的不良情绪比较高，数据之前对比存在显著差异 ($P < 0.05$)。实验组患者的生活质量高于对照组，数据对比有差异 ($P < 0.05$)。结论：早期康复训练配合舒适护理应用在腰椎压缩性骨折手术患者的临床护理中有显著效果，能够减少患者疼痛，减少不良情绪，提高患者的生活质量，值得在临床中进一步推广与应用。

【关键词】：早期康复训练护理；舒适护理；腰椎压缩性骨折；护理；应用

Application of Rehabilitation Training Combined with Comfort Nursing in Lumbar Compression Fracture

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Abstract: Objective: To explore the clinical effect of early rehabilitation training combined with comfort nursing in the nursing of patients with lumbar compression fracture. Methods: 86 patients with lumbar vertebral compression fracture admitted from October 2019 to October 2021 were selected as the research object. The patients were divided into two groups by random number table for comparison, namely, the experimental group and the control group. The number of patients in each group was 43. The control group received comfort nursing, while the experimental group received early rehabilitation training and comfort nursing based on the control group. The satisfaction rate and complication rate of patients were compared. Results: The nursing satisfaction of the patients in the experimental group was higher, and there was a difference between the data (P ; The pain score of the patients in the control group was higher than that in the experimental group, and the difference was clinically significant ($P < 0.05$). The bone mineral density of the experimental group was significantly better than that of the control group 1 and 3 months after nursing, and there was a difference between the data ($P < 0.05$). The negative emotions of the patients in the control group were relatively high, and there was a significant difference before the data comparison ($P < 0.05$). The quality of life of patients in the experimental group was higher than that in the control group, and there was a difference in data comparison ($P < 0.05$). Conclusion: The application of early rehabilitation training combined with comfort nursing in the clinical nursing of patients with lumbar compression fracture surgery has significant effect, which can reduce the pain of patients, reduce bad emotions, improve the quality of life of patients, and is worthy of further promotion and application in clinical practice.

Keywords: Early rehabilitation training nursing; Comfort care; Lumbar compression fracture; Nursing; Application

2min

[2]

2

1.

86

2.

1 资料与方法

15~20

3.

3~4

1.1

90 °

2019 10 -2021 10

3

86

8-10

8-10

43

8-10

23

20

3-5

4

43-75

62.52 ± 2.36

22

21

40-85

62.59 ± 4.27

P>0.05

1.1.1

1

10min

X CT MRI

2

1.3

3

1

/

1.1.2

+

× 100%=

1

2

2

100

3

1.2

3

(SAS)

1

(SDS)

4

5

2

1.4

SPSS17.0

t

$\bar{x}$

s

X²

%

P 0.05

2 结果

2.1

(P<0.05)

1

1

n %

[3]

1

10

10

20-30

	4 3	40(93.02)	3(6.98)	0(0.00)	43(100.00)
	4 3	33(76.74)	5(11.63)	5(11.63)	38(88.37)

X ²					5.3086
P					0.0212

2.2

P>0.05

P<0.05 2

2

$\bar{x} \pm s$

	43	86.51 ± 3.42	71.29 ± 2.74
	43	86.23 ± 3.25	62.37 ± 2.67
P		0.3892	15.2890
T		0.6981	0.0000

2.3

p<0.05 3

3

n=28 $\bar{x} \pm s$

	n		
	43	0.92 ± 0.03	0.62 ± 0.10
	43	0.62 ± 0.10	0.51 ± 0.09
T		18.8427	5.3615
P		0.0000	0.0000

2.4

P 0.05

P 0.05 4

4

$\bar{x} \pm s$

		SAS	SAS	SDS	SDS
	43	64.01 ± 7.35	22.32 ± 5.29	66.35 ± 6.39	43.65 ± 5.39
	43	63.56 ± 7.12	54.32 ± 6.22	67.12 ± 6.92	56.31 ± 6.25
t		0.2884	25.6987	0.5361	10.0588
P		0.7738	0.0000	0.5933	0.0000

2.5

P<0.05 5

5

$\bar{x} \pm s$

	43	31.89 ± 2.01	37.89 ± 2.78	35.35 ± 1.16
	43	40.35 ± 4.12	43.01 ± 2.99	41.41 ± 2.31
T		12.1017	8.2235	15.3732
P		0.0000	0.0000	0.0000

3 讨论

[4]

86

P<0.05

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