综合保温对全身麻醉患者苏醒期躁动的影响

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【摘　要】：**目的：**分析全身麻醉患者采取麻醉复苏护理+综合保温对苏醒期躁动的影响。**方法：**选取 2020 年 10 月至 2021 年 11 月全身麻醉患者 70 例，随机分为观察组和对照组各 35 例，对照组采取常规护理干预，观察组实施麻醉复苏护理+综合保温，对比效果。**结果：**观察组应激反应指标均低于对照组（P<0.05）；观察组并发症发生率低于对照组（P<0.05）；观察组临床相关指标水平低于对照组（P<0.05）；观察组躁动发生率及严重程度均低于对照组（P<0.05）。**结论：**麻醉复苏护理与综合保温联合应用于全身麻醉患者中可以有效减少苏醒期躁动，改善临床指标，降低并发症。
【关键词】：苏醒期躁动；麻醉复苏护理；全身麻醉；综合保温；并发症

Effect of Anesthesia Resuscitation Nursing Combined with Comprehensive Heat Preservation on Agitation of General Anesthesia Patients During Awakening

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Abstract: Objective: To analyze the influence of anesthesia resuscitation nursing+comprehensive heat preservation on restlessness in the awakening period of patients under general anesthesia. Methods: 70 patients with general anesthesia from October 2020 to November 2021 were selected and randomly divided into the observation group and the control group, with 35 patients in each group. The control group was given routine nursing intervention, and the observation group was given anesthesia resuscitation nursing+comprehensive heat preservation to compare the effects. Results: The indexes of stress reaction in the observation group were lower than those in the control group (P<0.05); The incidence of complications in the observation group was lower than that in the control group (P<0.05); The level of clinical related indexes in the observation group was lower than that in the control group (P<0.05); The incidence and severity of restlessness in the observation group were lower than those in the control group (P<0.05). Conclusion: Anaesthesia resuscitation nursing combined with comprehensive heat preservation can effectively reduce restlessness in awakening period, improve clinical indicators and reduce complications in patients with general anesthesia.
Keywords: Agitation during awakening; Anesthesia and resuscitation nursing; General anesthesia; Comprehensive thermal insulation; Complication

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[3]　70

1 资料和方法

1.1

70　2020　10　2021　11

35　18　17

35.25 ± 0.36　35　19

16　36.16 ± 0.29

P>0.05

1.2

X

+

1.3

C

PACU

5 [4]

0 1

2

3 [5]

1.4

SPSS18.0 %

X^2 $\bar{x} \pm s$ t P

0.05

2 结果

2.1

C 6.88 ± 1.13 ng/L

134.24 ± 2.41 pmol/L 55.45 ± 1.23

pmol/L

C 6.86 ± 1.15 ng/L

134.41 ± 2.53 pmol/L 55.41 ± 1.27

pmol/L

t=0.332 0.412 0.363 P>0.05

C 43.76 ± 2.55 ng/L

142.28 ± 2.61 pmol/L 101.44 ± 2.51

pmol/L

C 65.68 ± 2.46 ng/L

165.61 ± 2.68 pmol/L 143.21 ± 2.62

pmol/L

t=5.221 6.350 5.702 P<0.05

2.2

1 2.86% 1 2.86%

1 2.86% 8.57% 3/35

2 5.71% 3 8.57%

3 8.57% 22.86% 8/35

X^2=15.362 P<0.05)

2.3

36.51 ± 0.57

22.88 ± 4.26 min PACU 58.23 ± 8.73

min 46.94 ± .23 min

24.06 ± 6.33 min

35.87 ± 0.61

45.62 ± 8.73 min PACU 81.66 ± 9.61

min 70.64 ± 5.66 min

30.84 ± 6.20 min

t=6.325 5.802 4.802 6.325 8.526

P<0.05

2.4

3 8.57% 3/35 0

32 91.43% 1 2 5.71% 2 1 2.86%

3 0 0.00%

8 22.86% 8/35 0
27 77.14% 1 3 8.57% 2 3 8.57%
3 2 5.71%

$X^{2=}$13.502 14.503 P<0.05

3 讨论

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