

冠心病病人睡眠质量现状及护理进展

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【摘要】：冠心病，全称冠状动脉粥样硬化性心脏病，又称为缺血性心脏病。冠状动脉的血管内如果长了斑块，就会引起管腔的狭窄，严重者甚至闭塞，相应的供血的心肌就会出现缺血的表现，临床上可以出现心绞痛，严重的患者会表现为心肌梗死，甚至猝死。冠心病患者很容易受到病情和心理方面的影响，从而影响睡眠质量，继而导致治疗效果不理想，预后不佳。对此，本文根据冠心病病人睡眠质量现状进行全面分析，并提出护理对此，旨在进一步改善病人的睡眠质量，促进病情的恢复。综述如下：

【关键词】：冠心病；睡眠质量；现状；常用测量工具；影响因素；护理；综述

Status quo and Nursing Progress of Sleep Quality in Patients with Coronary Heart Disease

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Abstract: Coronary heart disease, full name of coronary atherosclerotic heart disease, is also known as ischemic heart disease. If there is plaque in the coronary artery, it will cause stenosis of the lumen, even occlusion in severe cases, and the corresponding blood supplying myocardium will show signs of ischemia. Angina pectoris can occur clinically, and severe patients will show signs of myocardial infarction, or even sudden death. Patients with coronary heart disease are easily affected by the condition and psychology, thus affecting the quality of sleep, which leads to unsatisfactory treatment effect and poor prognosis. In this regard, this article makes a comprehensive analysis on the status quo of sleep quality of patients with coronary heart disease, and proposes nursing care to further improve the sleep quality of patients and promote the recovery of the disease. The summary is as follows:

Keywords: Coronary heart disease; Sleep quality; Present situation; Common measuring tools; Influencing factors; Nursing;

Overview

前言

1 冠心病病人睡眠质量现状

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2 睡眠质量常用测量工具

1 PSQI Pittsburgh sleep
quality index PSQI Buysse
1989

4 冠心病病人睡眠质量干预措施

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The insomnia severity
2 ISI
index ISI

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3 AIS Athens Insomnia Scale
AIS

3 睡眠质量影响因素

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5 结论

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