

老年痴呆的家庭认知训练护理对策及应用

刘 柳 董桂平* 叶敏慧 王 娜

中国科学技术大学附属第一医院/安徽省立医院 安徽 合肥 230001

【摘要】：目的：对老年痴呆患者采取家庭认知训练护理对策，观察具体应用效果。方法：将2020年10月-2021年10月接收的68例老年痴呆患者纳入研究，随机分成试验组和对比组，每组34例。对比组采取普通护理对策，试验组在对比组基础上采取家庭认知训练护理对策，比较两组患者实施对策前后的简易智能精神状态评估量表评分、生活质量评估分数以及总满意率。结果：实施护理对策前，两组患者的简易智能精神状态评估量表评分与生活质量评估分数均相差不大，没有统计学差异（ $P>0.05$ ），实施护理对策后，两组的简易智能精神状态评估量表评分与生活质量评估分数均上升，其中试验组远高于对比组，有统计学差异（ $P<0.05$ ）；试验组的总满意率94.12%高于对比组79.41%，有统计学差异（ $P<0.05$ ）。结论：对老年痴呆患者采取家庭认知训练护理对策的应用效果令人满意，有利于恢复认知功能，提升生活质量。

【关键词】：老年痴呆；家庭认知训练；护理；生活质量

Nursing Strategy and Application of Family Cognitive Training for Senile Dementia

Liu Liu Guiping Dong* Minhui Ye Na Wang

The First Affiliated Hospital of University of Science and Technology of China/Anhui Provincial Hospital Anhui Hefei 230001

Abstract: Objective: To take family cognitive training nursing strategy for senile dementia patients and observe the specific application effect. Methods: 68 patients with senile dementia received from October 2020 to October 2021 were included in the study and randomly divided into test group and control group, 34 patients in each group. The control group took general nursing measures, while the test group took home cognitive training nursing measures on the basis of the control group. The scores of the simple mental state assessment scale, the quality of life assessment scores and the total satisfaction rate of the two groups of patients before and after the implementation of the measures were compared. Results: Before the implementation of the nursing strategy, the scores of the simple mental state assessment scale and the quality of life assessment of the patients in the two groups had no significant difference ($P>0.05$). After the implementation of the nursing strategy, the scores of the simple mental state assessment scale and the quality of life assessment of the patients in the two groups increased, and the test group was much higher than the control group, with a statistical difference ($P<0.05$); The total satisfaction rate of the test group was 94.12% higher than that of the control group (79.41%, $P<0.05$). Conclusion: The application effect of family cognitive training nursing strategy for senile dementia patients is satisfactory, which is conducive to the recovery of cognitive function and the improvement of quality of life.

Keywords: Senile dementia; Family cognitive training; Nursing; Quality of life

[1]

[2]

1 对象和方法

1.1

2020	10	-2021	10	68	②
				34	
	19		15	64-87	
73.69±1.32		3	-6	3.75±0.21	
	20		14	64-88	
73.71±1.35		3	-5	3.72±0.19	

P 0.05

①	2018	③
[3]		②
①		③
③	60	④
⑤		60

1.2

1.2.1

1.3

[4]

27	27	27-30
		[5]

4

1.2.2

1	90-100	60-89	100	60	0
	3				

1.4

SPSS21.0

t

P 0.05

2 结果

2.1

2

①

$\bar{x} \pm s$
 χ^2

n 34 P 0.05
13.41±0.95 n 34 2.2
13.38±0.92
t 0.132 P 0.895 P 0.05
n 34 P 0.05
22.18±0.33 n 34
16.79±1.25 P 0.05 1
t 24.310 P 0.001

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

	34	1.73± 0.32	1.84± 0.29	2.03± 0.45	2.18± 0.37	8.33± 0.27	2.23± 0.78	2.75± 0.56	2.84± 0.36	3.08± 0.57	10.89± 1.24
	34	1.76± 0.35	1.88± 0.31	2.05± 0.47	2.20± 0.39	8.38± 0.31	1.89± 0.42	2.12± 0.61	2.35± 0.52	2.59± 0.66	9.87± 0.48
t	-	0.369	0.549	0.179	0.217	0.709	2.238	4.436	4.518	3.276	4.473
P	-	0.713	0.585	0.858	0.829	0.481	0.029	0.001	0.001	0.002	0.001

2.3

参考文献:

n 34 18 14 [1] .
2 94.12% 32/34 n [J].
34 12 15 7 ,2018,34(9):172,174.
79.41% 27/34 χ^2 9.422 P 0.002 [2] , , .
P 0.05 [J]. ,2020,39(15):
3 讨论 2697-2699.
[3] , , .2018
() [J].
,2018,98(13):971-977.
[4] , , .
[J].
,2021,19(5):652-654.
[5] .
[J]. ,2020,27
(29): 198-201.