

康复护理对脊髓损伤后神经源性膀胱的影响

罗海珠

广东省珠海市中西医结合医院 广东 珠海 519000

【摘要】：目的：探讨个体化康复护理对脊髓损伤后神经源性膀胱患者膀胱功能的改善研究。方法：选取 2021 年 7 月-2022 年 7 月医院收治的 40 例脊髓损伤后神经源性膀胱患者，将其随机分为对照组（20 例）与观察组（20 例）。对照组给予常规处理、护理干预措施，观察组在对照组基础上给予个体化康复护理。两组均干预 10 周，比较两组膀胱功能的改善情况、24 h 排尿指标及尿路感染发生情况。**结果：**干预 10 周后，护理后，两组患者的膀胱容量、残余尿量、自行排尿频次均较护理前显著改善($P<0.05$)，且研究组膀胱容量、残余尿量、自行排尿频次指标均显著优于对照组($P<0.05$)。研究组尿路感染发生率显著低于对照组 ($P<0.05$)。**结论：**对脊髓损伤后神经源性膀胱患者进行个体化康复护理可提高膀胱功能。

【关键词】：个体化康复护理；脊椎损伤；神经源性膀胱；功能改善

Study on the Improvement of Bladder Function in Patients with Neurogenic Bladder after Spinal Cord Injury by Individualized Rehabilitation Nursing

Haizhu Luo

Zhuhai Integrated Traditional Chinese and Western Medicine Hospital Guangdong Zhuhai 519000

Abstract: Objective: To investigate the effect of individualized rehabilitation nursing on bladder function of patients with neurogenic bladder after spinal cord injury. Methods: Forty patients with neurogenic bladder after spinal cord injury admitted to the hospital from July 2021 to July 2022 were randomly divided into control group (20 cases) and observation group (20 cases). The control group was given routine treatment and nursing intervention, while the observation group was given individualized rehabilitation nursing on the basis of the control group. The two groups were intervened for 10 weeks, and the improvement of bladder function, 24-hour urination index and urinary tract infection were compared between the two groups. Results: After 10 weeks of intervention, after nursing, the bladder capacity, residual urine volume and frequency of spontaneous urination of the two groups were significantly improved compared with those before nursing ($P<0.05$), and the bladder capacity, residual urine volume and frequency of spontaneous urination of the study group were significantly better than those of the control group ($P<0.05$). The incidence of urinary tract infection in the study group was significantly lower than that in the control group ($P<0.05$). Conclusion: Individual rehabilitation nursing for patients with neurogenic bladder after spinal cord injury can improve bladder function.

Keywords: Individualized rehabilitation nursing; Spine injury; Neurogenic bladder; Function improvement

引言

[1]

[2]

10% 15%
10% 40%

1 资料和方法

1.1

2021 7 2022 7 40

11 9 25 54

38.34±4.63 6 26 d 16.28±2.62 d

11 9 12

8 23 55 40.03±4.25 5

27 d 16.35±2.66 d 10 4

10 1 20 min^[3]

6

CT X

19 65

≥100 ml B

10

2 观察指标与统计学方法

2.1

1.2

2.2

SPSS20.0

t χ^2 P<0.05

3 结果

3.1

1

&

2 66.6% 93.3% 10 19.9% 33.3%

3h 1 6 P>0.05

300 500 ml 100ml n=20 200.13±17.22ml n=20

3 200.23±17.11ml

4 n=20 440.45±19.12ml n=20 298.66±18.12ml

3.2

5 183.21±12.77ml n=20 183.19±12.68ml n=20

n=20 110.42±12.05ml
n=20 78.12±12.12ml

3.3

n=20 0.66±0.37
/d n=20 0.62±0.44 /d [5]

n=20 1.41±1.12 /d
n=20 3.25±1.32 /d 85%

3.4

4 20

3.5

4 讨论

neurogenic bladder

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