

老年骨质疏松性骨折应用聚焦解决护理成效分析

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【摘 要】目的：探究聚焦解决模式在老年骨质疏松性骨折护理过程中的应用效果。方法：选取本院 2021.06—2022.03 期间临床收治的老年骨质疏松性骨折病人作为研究对象，共计 70 名。按照数字签分组法将对象平均分为两组，即为常规组、实验组，每组 35 名。常规组运用常规护理模式，实验组运用聚焦解决模式护理，对比两组干预前后负性情绪（SAS、SDS）评分、骨折愈合情况。结果：干预前，两组对比 SAS、SDS 无差异， $P>0.05$ 。干预后，相较常规组，实验组 SAS、SDS 评分更低， $P<0.05$ 。相较常规组，实验组骨折愈合情况更优， $P<0.05$ ；实验组管理依从性均高于对照组， $P<0.05$ 。结论：老年骨质疏松性骨折者接受聚焦解决模式护理干预，可帮助其调整身心状态，提高生活质量，建议普及。

【关键词】：老年患者；骨质疏松性骨折；聚焦解决模式；应用效果

Observation on the Effect of Focused Solution Model in the Nursing Process of Senile Osteoporosis Fracture

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Abstract: Objective: To explore the application effect of focusing solution mode in the nursing process of senile osteoporosis fracture. Methods: A total of 70 elderly patients with osteoporotic fracture admitted to our hospital from 2021.06 to 2022.03 were selected as the study subjects. According to the digital label grouping method, the subjects were divided into two groups, namely the conventional group and the experimental group, with 35 in each group. The conventional nursing mode was used in the conventional group, and the focused solution mode was used in the experimental group. The scores of negative emotions (SAS, SDS) and fracture healing were compared between the two groups before and after the intervention. Results: Before intervention, there was no difference in SAS and SDS between the two groups ($P>0.05$). After intervention, the SAS and SDS scores of the experimental group were lower than those of the conventional group ($P<0.05$). Compared with the conventional group, the fracture healing in the experimental group was better ($P<0.05$); The management compliance of the experimental group was higher than that of the control group ($P<0.05$). Conclusion: The elderly osteoporotic fracture patients receiving focused solution nursing intervention can help them adjust their physical and mental status, improve their quality of life, and it is recommended to popularize.

Keywords: Elderly patients; Osteoporotic fracture; Focus on solution mode; Application effect

OP

[2-3]

[1]

1 资料和方法

1.1

2021.06—2022.03

70

35

20 15 60 —
92 76.20 ± 5.00 19
16 61 —90 74.85 ± 4.60
P 0.05
1 1W

2

3 1
2 4
3

1.2

“ + ”

APP

4 5

“ ”

“ 5A ”

1.3

SAS SDS

1.4

SPSS23.0

$\bar{x} \pm s$ T

χ^2 P 0.05

2 结果

2.1

SAS 62.15 ± 4.48 SDS 62.40
± 5.11 SAS 61.92 ± 4.53 SDS 62.47
± 4.88 T=0.214

0.059 P 0.05

SAS 53.14 ± 3.15 SDS 53.28
± 3.51 SAS 40.14 ± 3.56 SDS 41.85
± 3.02 T=16.179

1W “ ” 1W

14.604 P 0.05

2.2

1

P [5-6]

0.05

	1	n%			
					%
	35	12	18	5	85.71
	35	18	17	0	100
X ²					5.384
P					0.05

2.3

P 0.05

83.86±5.12

84.23±5.11

85.13±5.36

91.43±6.81

89.13±6.59

72.36±3.46

71.46±2.94

69.21±2.96

82.13±5.64

76.12±2.36

T=10.1931

P=0.0000

T=11.8642 P=0.0000

T=14.2410 P=0.0000

T=5.7608 P=0.0000

T=10.1801

P=0.0000

3 讨论

SAS

SDS

SAS SDS P 0.05

SAS SDS P 0.05

P 0.05

P 0.05

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