

实施护理干预对鼻咽癌放化疗患者心理及睡眠障碍效果

观察

莫畅丽 陈梦林 覃清妮 李 珊 陈健慧
梧州市红十字会医院 广西 梧州 543002

【摘 要】：目的：观察护理干预在鼻咽癌放化疗患者中的心理评分和睡眠质量影响效果。方法：选取 2020 年 12 月—2021 年 12 月在我院肿瘤科二区住院的鼻咽癌放化疗患者 80 例作为研究对象，按随机数字法分为对照组和试验组，每组患者各 40 例，对照组患者实施常规护理，试验组患者在对照组的基础上实施护理干预，比较两组心理变化及睡眠质量。结果：两组患者经过护理后，患者的负性情绪、睡眠障碍、护理满意度均有所改善，但试验组明显优于对照组 ($P<0.05$)。结论：对鼻咽癌放化疗患者实施护理干预，能够有效改善患者睡眠障碍及负性情绪。
【关键词】：放化疗；心理；睡眠障碍；常规护理；护理干预

Effect of Nursing Intervention in Radiotherapy and Chemotherapy on Psychological and Sleep Disorders

Changli Mo Menglin Chen Qingni Qin Shan Li Jianhui Chen
Wuzhou Red Cross Hospital Guangxi Wuzhou 543002

Abstract: Objective: To observe the effect of nursing intervention on psychological score and sleep quality in patients with nasopharyngeal carcinoma undergoing radiotherapy and chemotherapy. Methods: 80 nasopharyngeal carcinoma patients with radiotherapy and chemotherapy who were hospitalized in the second area of the oncology department of our hospital from December 2020 to December 2021 were selected as the research objects. They were randomly divided into the control group and the test group, with 40 patients in each group. The patients in the control group received routine nursing care. The patients in the test group received nursing intervention on the basis of the control group, and compared the psychological changes and sleep quality of the two groups. result; After nursing, the negative emotion, sleep disorder and nursing satisfaction of patients in the two groups were improved, but the test group was significantly better than the control group ($P<0.05$). Conclusion: Nursing intervention for patients with nasopharyngeal carcinoma undergoing radiotherapy and chemotherapy can effectively improve their sleep disorders and negative emotions.

Keywords: Radiotherapy and chemotherapy; Psychology; Sleep disorders; Routine care; Nursing intervention

1 资料与方法

1.1

		2020 12		2021 12	
		2020 12	2021	40	22 -74
12	80	58.94 ± 2.16		21 -73	
		58.54 ± 2.31			

t		0.0871	11.5148	0.3621	13.0496
p		0.9308	0.0000	0.7182	0.0000

3			n %		
	40	37(92.50)	3(7.50)	0(0.00)	40(100.00)
	40	30(75.00)	5(12.50)	5(12.50)	35(87.50)
X ²					5.3333
P					0.0209

3 讨论

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