

延续护理在老年髋关节置换术患者康复中的应用

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【摘要】：目的：为有效提高老年髋关节置换术患者的功能锻炼依从性、髋关节功能以及日常生活能力，改善患者生活质量，对延续护理在其中的应用效果作进一步探究，为临床提供有效参考依据。方法：回顾性分析 2021 年 1 月-2021 年 10 月期间在本院接受治疗的老年髋关节置换术患者为研究对象，共计 70 例，按接收治疗顺序平均分为对照组和观察组（每组各 35 例），对比观察采用延续护理干预的观察组与采用常规护理干预的对照组的髋关节功能、日常生活能力、生活质量、焦虑、抑郁评分。结果：统计研究表明，两组患者在采取不同的护理方法后，通过延续护理干预措施的观察组患者功能锻炼依从性、Harris、Barthel 评分、生活质量评分、焦虑、抑郁评分明显优于对照组，组间数据差异明显， $P<0.05$ ，说明存在对比意义。结论：分析表明，延续护理干预可有效改善老年髋关节置换术患者的髋关节功能及日常生活能力，提升患者的功能锻炼依从性，改善患者心理状态，进而提高生活质量，护理效果显著，应用价值良好，对此护理方案建议大力推广应用。

【关键词】：延续护理；髋关节置换术；老年患者；髋关节功能；日常生活能力；生活质量；康复效果

Application of Continuous Nursing in Rehabilitation of Elderly Patients with Hip Replacement

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Abstract: Objective: In order to effectively improve the compliance of functional exercise, hip function and daily living ability of elderly patients with hip replacement, improve the quality of life of patients, further explore the application effect of continuous nursing in it, and provide effective reference for clinical practice. Methods: Retrospective analysis was made on 70 elderly patients with hip replacement who were treated in our hospital from January 2021 to October 2021. They were divided into control group and observation group (35 cases in each group) according to the order of receiving treatment. The functional exercise compliance, quality of life, hip function, daily living ability, quality of life Anxiety and depression scores. Results: The statistical study showed that the compliance of functional exercise, Harris, Barthel scores, quality of life scores, anxiety and depression scores of patients in the observation group through continuous nursing intervention measures were significantly better than those in the control group after the two groups of patients took different nursing methods. The data between the two groups were significantly different ($P<0.05$), indicating that there was a comparative significance. Conclusion: The analysis shows that the continuous nursing intervention can effectively improve the hip function and daily living ability of elderly patients with hip replacement, enhance the compliance of patients with functional exercise, improve the psychological state of patients, and then improve the quality of life. The nursing effect is significant and the application value is good. It is suggested that this nursing program be vigorously promoted.

Keywords: Continuous nursing; Hip replacement; Elderly patients; Hip function; Daily living ability; Quality of life; Rehabilitation effect

2021 1 -2021 10
70

2
1

[5-6]

1 资料与方法

2 1

1.1

2021 1 -2021 10
70
35
19 16 60-82
77.75 ± 5.03 17 18
60-83 78.58 ± 5.67
p 0.05

3 2

30-45 °

X CT
60

1.2

4 1-3

1.2.1

1.3

Harris Barthel

[4]

1.4

1.2.2 1

SPSS23.0
 $\bar{x} \pm s$ %
P 0.05

t χ^2

2 结果

2.1

1

1

n %

	35	28	80.00	6	17.14	1	2.86
	35	16	45.71	7	20.00	14	12.60
						23	65.71

2.2

2

2

$\bar{x} \pm s$

		Harris			Barthel		
			1	6		1	6
	3	50.34	64.52	72.94	48.61	62.91 ±	75.62
	5	± 5.49	± 9.47	± 6.92	± 6.16	10.32	± 7.13
	3	51.08	73.89	90.89	48.68	75.53 ±	89.98
	5	± 5.47	± 9.51	± 7.97	± 6.15	10.39	± 6.87

2.3

3

3

$\bar{x} \pm s$

	35	60.95 ±	71.38 ±	76.30 ±	74.64 ±
		2.73	2.92	2.72	5.57
	35	75.12 ±	88.71 ±	50.47 ±	87.47 ±
		3.56	3.12	2.52	6.12

2.4

4

4

$\bar{x} \pm s$

	35	66.83 ±	51.13 ±	66.79 ±	52.22
		8.02	7.86	7.98	± 7.65

	35	66.75 ±	78.31 ±	66.58 ±	79.07
		7.99	8.92	7.96	± 8.92

3 讨论

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