

心理护理对慢性肾衰竭患者的遵医行为影响

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【摘要】：目的：实验将针对慢性肾衰竭患者实施心理护理，在改善患者心理状态的同时提升遵医行为，针对护理效果进行归纳总结。方法：针对 80 例慢性肾衰竭患者为对象，样本来源于 2021 年 6 月，截止为 2022 年 5 月前来的患者，按照时间划分两个对比组，对照组为常规护理，观察组为心理护理，对比治疗成果。结果：从数据可见，观察组患者的心理状态改善效果，在汉密尔顿量表评估中，结果低于对照组，差异具有统计学意义 ($P<0.05$)。同时，在遵医行为的各个方面上，观察组高于对照组，差异显著 ($P<0.05$)。结论：采用心理护理对于慢性肾衰竭患者的康复治疗效果显著，有助于缓解患者的焦虑情绪，提升医嘱行为依从性，值得在继承借鉴中发展。

【关键词】：心理护理；慢性肾衰竭；遵医行为；心理状态

Influence of Psychological Nursing on Compliance Behavior of Patients with Chronic Renal Failure

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Abstract: Objective: The experiment will implement psychological nursing for patients with chronic renal failure, improve their psychological state and enhance their compliance behavior, and summarize the nursing effect. Methods: 80 patients with chronic renal failure were selected. The samples were from June 2021 to May 2022. The patients were divided into two control groups according to the time. The control group was conventional care, and the observation group was psychological care. The results of treatment were compared. Results: It can be seen from the data that the improvement effect of the psychological state of the patients in the observation group is lower than that of the control group in the Hamilton scale evaluation, with a statistically significant difference ($P<0.05$). At the same time, in all aspects of compliance behavior, the observation group was higher than the control group, the difference was significant ($P<0.05$). Conclusion: Psychological nursing has a significant effect on the rehabilitation of patients with chronic renal failure, which is helpful to alleviate the anxiety of patients and enhance the compliance of doctors' orders. It is worth developing in the inheritance and reference.

Keywords: Psychological nursing; Chronic renal failure; Compliance behavior; Mentality

		80		2021					
[1]	6	2022	5	19	21				
[2]	20	41-77	55.39 ± 3.87	54.45 ± 3.96	41-78				
				80		2021			
				2022		5			

1 资料与方法

1.2

1.1

24
17-24 7-17 15-20
29
21 14 7
7
CD-RISC
0-4
25 100
1.4
SPSS 20.0 t x ± s
χ² [n %] P 0.05

2 结果

1.3 P 0.05 2

	1		x ± s	
	HAMA		HAMD	
n=40	22.45±4.12	10.56±2.41	23.80±4.35	11.92±2.45
n=40	22.41±4.20	16.80±3.52	23.77±4.56	17.88±3.52
t	0.140	9.251	0.030	8.789
p	0.889	0.000	0.976	0.000

P 0.05 2

2		$\bar{x} \pm s$							
	40	29.51 ± 6.25	30.72 ± 6.14	8.71 ± 1.15	9.26 ± 1.28	19.98 ± 3.55	20.95 ± 3.03	57.37 ± 9.04	60.26 ± 9.41

	40	29.66 ± 6.37	36.84 ± 6.79	8.82 ± 1.24	10.73 ± 1.17	20.01 ± 3.71	25.16 ± 3.23	57.51 ± 9.38	70.55 ± 10.08
t		0.126	5.003	0.487	6.343	0.044	7.114	0.080	5.584
P		0.900	0.000	0.627	0.000	0.965	0.000	0.936	0.000

(2

P 0.05 3

		3	$\bar{x} \pm s$		
	n				
	40	20.57 ± 3.22	20.68 ± 3.44	20.44 ± 3.38	20.94 ± 3.67
	40	17.46 ± 2.14	17.55 ± 2.22	17.39 ± 2.33	17.62 ± 2.44
t	-	4.406	4.187	4.069	4.126
P	-	0.000	0.000	0.000	0.000

3 讨论

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