

妊娠高血压综合征合并眼底病变的护理宣教

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【摘要】：目的：文章重点研究妊娠高血压综合征合并眼底病变护理宣教的应用作用。方法：本文中所涉及的 10 例研究对象均是我院接诊患有妊娠高血压综合征合并眼底病变患者，研究时间自 2020 年 1 月起至 2021 年 1 月止，研究期间对患者实施常规护理以及护理宣教，并对实施护理宣教前后患者心理情绪、护理满意度进行评分。结果：统计临床获得数据，护理宣教前：SAS 评分（ 62.24 ± 2.85 ）、SDS 评分（ 63.42 ± 2.57 ）、护理质量（ 70.36 ± 2.84 ）、健康宣教（ 71.62 ± 2.93 ）、护理技能（ 72.64 ± 2.41 ）、护患沟通（ 72.38 ± 2.29 ）；护理宣教后：SAS 评分（ 38.42 ± 2.53 ）、SDS 评分（ 36.55 ± 2.62 ）、护理质量（ 90.76 ± 2.17 ）、健康宣教（ 91.03 ± 2.45 ）、护理技能（ 91.68 ± 2.57 ）、护患沟通（ 91.33 ± 2.49 ）；护理宣教前后数据对比结果 $P < 0.05$ ，研究意义存在。结论：护理宣教的应用有助于妊娠高血压综合征合并眼底病变患者抑郁、焦虑等负性心理情绪的转变，帮助其治疗期间很好控制心理状态，高质量的护理服务得到患者认可，并给予较高评价，临床效果良好，建议广泛应用。

【关键词】：妊娠高血压综合征；眼底病变；护理宣教

Nursing Education of Pregnancy Induced Hypertension Syndrome with Ocular Fundus Diseases

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Abstract: Objective: To study the application of nursing education on pregnancy induced hypertension syndrome (PIH) with ocular fundus diseases. Methods: The 10 subjects involved in this study were all patients with pregnancy induced hypertension syndrome complicated with fundus diseases who were admitted by our hospital. The study period was from January 2020 to January 2021. During the study period, routine nursing and nursing education were carried out for patients, and the psychological emotions and nursing satisfaction of patients before and after the implementation of nursing education were compared and scored. Results: The clinical data were collected. Before nursing education, SAS score (62.24 ± 2.85), SDS score (63.42 ± 2.57), nursing quality (70.36 ± 2.84), health education (71.62 ± 2.93), nursing skills (72.64 ± 2.41), and nurse patient communication (72.38 ± 2.29); After nursing education: SAS score (38.42 ± 2.53), SDS score (36.55 ± 2.62), nursing quality (90.76 ± 2.17), health education (91.03 ± 2.45), nursing skills (91.68 ± 2.57), nurse patient communication (91.33 ± 2.49); The results of data comparison before and after nursing education were $P = 0.05$, indicating the significance of the study. Conclusion: The application of nursing education can help the patients with pregnancy induced hypertension syndrome complicated with fundus diseases to change their negative psychological emotions such as depression and anxiety, and help them to control their psychological state well during treatment. High quality nursing services have been recognized by patients and given high evaluation. The clinical effect is good, and it is recommended that they be widely used.

Keywords: Pregnancy induced hypertension syndrome; Fundus lesions; Nursing education

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10 2020 1 2021 1

1 资料与方法

1.1

2020 1 2021 1
10

26-38 32.37 ± 2.14
13-41 27.62 ± 2.31 1.2.5

1.2

1.2.1

1.2.6

[2]

1.2.2

1.2.3

C E

[3]

1.2.4

[4]

1.3

SAS

SDS 1-100

1-100
1.4

SPSS 20.0

X $\bar{x} \pm s$

2 结果

53%-86%

		SAS	62.24				
± 2.85	SDS	63.42 ± 2.57	70.36		SAS	62.24 ± 2.85	SDS
± 2.84		71.62 ± 2.93	72.64	63.42 ± 2.57		70.36 ± 2.84	
± 2.41		72.38 ± 2.29	SAS	71.62 ± 2.93		72.64 ± 2.41	72.38
38.42 ± 2.53	SDS	36.55 ± 2.62	± 2.29		SAS	38.42 ± 2.53	SDS
90.76 ± 2.17		91.03 ± 2.45	36.55 ± 2.62			90.76 ± 2.17	
91.68 ± 2.57		91.33 ± 2.49	91.03 ± 2.45			91.68 ± 2.57	
			91.33 ± 2.49				

P 0.05

P 0.05

1

$\bar{x} \pm s$

				P
	SAS	62.24 ± 2.85	38.42 ± 2.53	0.05
	SDS	63.42 ± 2.57	36.55 ± 2.62	0.05
		70.36 ± 2.84	90.76 ± 2.17	0.05
		71.62 ± 2.93	91.03 ± 2.45	0.05
		72.64 ± 2.41	91.68 ± 2.57	0.05
		72.38 ± 2.29	91.33 ± 2.49	0.05

3 讨论

3

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