

鼻出血常见的原因分析及护理干预措施研究

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【摘要】：目的：本文分析研究鼻出血常见原因及护理干预措施。方法：此次选取 2020 年 1 月份至 2021 年 12 月份在我院进行治疗的 40 例鼻出血患者作为研究对象，观察对比两组患者的焦虑自评量表评分、抑郁自评量表评分以及护理满意度。结果：研究护理组患者的不良情绪以及护理满意度均优于常规护理组， $P<0.05$ ，说明存在对比性。结论：针对患者不同原因所引起的鼻出血原因，要给予其针对性的治疗，并在常规护理基础上实施个性化护理措施，不但治疗效果显著，而且可以明显改善患者的不良情绪，提高了患者对护理效果满意度。

【关键词】：鼻出血；常见原因；护理干预；效果分析

Analysis of Common Causes of Epistaxis and Study of Nursing Intervention Measures

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Abstract: Objective: To analyze and study the common causes of epistaxis and nursing interventions. Methods: This time, 40 patients with epistaxis who were treated in our hospital from January 2020 to December 2021 were selected as the research objects, and the scores of self rating anxiety scale, self rating depression scale and nursing satisfaction of the two groups of patients were observed and compared. Results: The bad mood and nursing satisfaction of the patients in the study nursing group were better than those in the routine nursing group ($P<0.05$), indicating that there was a contrast. Conclusion: Targeted treatment should be given to patients with epistaxis caused by different reasons, and personalized nursing measures should be implemented on the basis of routine nursing, which not only has significant therapeutic effect, but also can significantly improve the patients' bad mood, and improve the patients' satisfaction with the nursing results.

Keywords: Epistaxis; Common causes; Nursing intervention; Effect analysis

[3]

1 资料与方法

1.1

2020 1 2021 12

40

[1-2]

20

/ CT MRI

[6]

1.2.2

P 0.05

1				x ± s	
	2	11:9	46.24 ± 2.21	16	40.0%
	0			4	10.0%
				2	5.0%
	2	10:10	46.18 ± 2.56	3	7.5%
	0			5	12.5%
				10	25.0%

5-10min

1%

0.1 mg

30 50%

30%

[7]

1.2

1.2.1

0.1%

2%

1

A.

2-3

B.

C.

[4]

2

3

[5]

24-48h

4

1.2.3

K C P

2 结果

2

SAS

SDS

$\bar{x} \pm s$

SAS

SDS

1

20 53.06 ± 2.59 36.78 ± 2.85 53.23 ± 2.76 35.06 ± 2.36

2

70% 75%

20 52.74 ± 2.37 26.55 ± 2.68 53.63 ± 2.61 19.52 ± 2.42

P

/

0.05

0.05

0.05

0.05

3

[n(%)]

3

20 7 35% 8 40% 5 25% 15 75%

20 11 55% 9 45% 0 0% 100
100%

3

4-6

P

/

/

/

/

0.05

3 讨论

4

1.3

1.4

SPSS21.0

$\bar{x} \pm s$

t

[n(100%)]

χ^2

P

0.05

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