

延伸护理在老年慢阻肺患者中的价值

王 琛

无锡市第二老年病医院 江苏 无锡 214002

【摘要】：目的：研究延伸护理在老年慢阻肺病患的护理中的临床价值。方法：本次研究纳入列 80 例来我院进行治疗的老年慢阻肺病患作为调查对象，病例选自 2020 年 12 月至 2021 年 12 月。将所有病患按照抽签法进行分组，分别为对照组 40 例和实验组 40 例，分别给予对照组和实验组病患一般护理和延伸护理，对比实验组、对照组病患的临床效果。结果：实验组病患护理后的用力肺活量（FVC）、一秒肺活量（FEV1）、最高呼气流速（PEF）等肺功能指标较对照组存在明显优势，差异存在可比性（ $P<0.05$ ）；同时实验组病患的生活质量评分高于对照组，对比结果说明统计学意义存在（ $P<0.05$ ）。对照组患者治疗后血气指标的评分大幅度差于实验组的评分，数据对比存在显著差异（ $P<0.05$ ）。实验组病人护理后的 SAS、SDS 评分较对照组更低（ $P<0.05$ ）；实验组病人的护理满意率与对照组相比更高，数据对比结果说明具有临床比较意义（ $P<0.05$ ）。结论：延伸护理对于提高老年慢阻肺病患的肺功能和生活质量具有良好的促进意义，效果显著，该方法具有在临床中广泛应用的临床价值。

【关键词】：延伸护理；慢阻肺；急性加重期

The Value of Extended Nursing Care in Elderly Patients with Chronic Obstructive Pulmonary Disease

Chen Wang

Wuxi Second Gerontology Hospital Jiangsu Wuxi 214002

Abstract: Objective: To study the clinical value of extended nursing care in elderly patients with chronic obstructive pulmonary disease. Methods: In this study, 80 elderly patients with COPD who came to our hospital for treatment were included as the survey objects. The cases were selected from December 2020 to December 2021. All patients were divided into control group (40 cases) and experimental group (40 cases) according to the method of drawing lots. The patients in the control group and the experimental group were given general care and extended care, and the clinical effects of the patients in the experimental group and the control group were compared. Results: The indexes of forced vital capacity (FVC), vital capacity in one second (FEV1) and maximum expiratory flow rate (PEF) in the experimental group after nursing care were significantly superior to those in the control group ($P<0.05$); At the same time, the quality of life scores of patients in the experimental group were higher than those in the control group, and the comparison results showed that there was statistical significance ($P<0.05$). The score of blood gas index in the control group was significantly lower than that in the experimental group after treatment, and there was significant difference in data comparison ($P<0.05$). The SAS and SDS scores of patients in the experimental group after nursing were lower than those in the control group ($P<0.05$); The nursing satisfaction rate of patients in the experimental group was higher than that in the control group. The data comparison results showed that it had clinical significance ($P<0.05$). Conclusion: Extended nursing has a good significance in improving the pulmonary function and quality of life of elderly patients with chronic obstructive pulmonary disease, and the effect is significant. This method has clinical value of extensive application in clinical practice.

Keywords: Extended nursing; Chronic obstructive pulmonary disease; Acute exacerbation

156

PEF(L/min) 1.07 ± 0.28 2.68 ± 0.71 197.41 ± 29.22
T=9.0605

4.4365 3.0395 P=0.0000 0.0000 0.0032
2.2

[4]

43.23 ± 3.25 42.35 ± 2.44 38.18 ± 2.25
32.38 ± 4.17

[5]

33.62 ± 3.18 30.34 ± 3.57
T=12.9795 13.7750 11.7502 P=0.0000 0.0000

0.0000
2.3

79.53 ± 2.15
86.50 ± 2.09
T =14.7017 P=0.0000 P<0.05

2.4 SAS SDS

SAS SDS 44.68 ± 3.05
53.48 ± 2.11 45.13 ± 3.88 53.42 ± 2.18
P>0.05 SAS
SDS 30.16 ± 3.28 40.22 ± 2.24 39.03 ±
4.12 49.13 ± 2.21

[11-12]

T=0.5767 0.1251 10.6526 17.9082 P=0.5658 0.9008
0.0000 0.0000
2.5

34 6

0 31 4
5 40

100.00 35 87.50
X²=5.3333 P=0.0209

3 讨论

COPD

X

参考文献:

- [1] .
[J]. ,2021,35(01):91-93.
- [2] .
[J]. ,2020,15(05):126.
- [3] .
[J]. (),2020,9(01):172-173.
- [4] .
[J]. ,2019,14(19):
137.
- [5] .
[A]. .
[C]. :
,2019:220.