

健康教育在慢性肾小球肾炎护理中的效果

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【摘 要】：目的：实验将针对慢性肾小球肾炎患者实施健康教育护理指导，帮助患者达成理想的治疗结局，提升治疗依从率。方法：针对 80 例慢性肾小球肾炎患者为对象，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，观察组为健康教育护理，对比治疗成果。结果：从数据可见，观察组患者在血肌酐、尿素氮以及 24 小时尿蛋白水平上均低于对照组，具有统计学意义 ($P < 0.05$)。同时，在并发症率上，观察组低于对照组，差异显著 ($P < 0.05$)。最后，护理之前患者在慢性肾小球肾炎知识了解程度、自我效能评分以及自护行为评分不存在显著差异 ($p > 0.05$)，但护理后观察组患者的各项能力评分更加优异 ($p < 0.05$)。结论：采用健康教育护理对慢性肾小球肾炎患者的康复治疗效果显著，快速地缓解了临床症状，值得在继承借鉴中发展。

【关键词】：健康教育；慢性肾小球肾炎；肾功能指标；护理效果

Effect of Health Education on Nursing of Chronic Glomerulonephritis

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Abstract: Objective: The experiment will implement health education and nursing guidance for patients with chronic glomerulonephritis to help patients achieve an ideal treatment outcome and improve the treatment compliance rate. Methods: 80 patients with chronic glomerulonephritis 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 for routine nursing, and the observation group was for health education nursing. The results of treatment were compared. Results: From the data, the levels of serum creatinine, urea nitrogen and 24-hour urine protein in the observation group were lower than those in the control group, with statistical significance ($P < 0.05$). At the same time, the complication rate in the observation group was lower than that in the control group, with a significant difference ($P < 0.05$). Finally, before nursing, there was no significant difference in patients' knowledge of chronic glomerulonephritis, self-efficacy scores and self-care behavior scores ($p > 0.05$), but after nursing, the scores of patients' abilities in the observation group were more excellent ($p < 0.05$). Conclusion: Health education nursing has a significant effect on the rehabilitation of patients with chronic glomerulonephritis. It can quickly relieve the clinical symptoms and is worth developing in the inheritance and reference.

Keywords: Health education; Chronic glomerulonephritis; Renal function index; Nursing effect

[2]

[1]

1 资料与方法

1.1

80
2021 6 2022 5
20 20
22 73 43.2±3.1 19
21 23 71 42.1±2.5
P>0.05

1.3

1.2

24

100

1

100

2

1.4

SPSS 20.0 t $\bar{x} \pm s$
 χ^2 [n %] P 0.05

3

2 结果

24

P

4

0.05

1

5

1

$\bar{x} \pm s$

	BUN(mmol/L)		SCr(μ mol/L)		24h	mg/L
		2		2		2
n=40	12.32±2.27	6.10±1.28	120.26±33.11	81.58±14.61	2.12±0.34	1.61±0.43
n=40	12.36±3.41	4.25±1.24	121.31±32.44	60.60±13.15	2.11±0.67	1.01±0.32
t	0.032	7.521	0.064	22.015	0.345	5.435
p	0.453	0.000	0.582	0.000	0.731	0.000

p 0.05

p 0.05

2

2

$\bar{x} \pm s$

	40	68.05 ± 3.26	81.20 ± 3.62	46.52 ± 3.21	68.14 ± 2.06	58.52 ± 5.12	71.25 ± 4.26

	40	68.08 ± 2.62	92.20 ± 3.20	46.81 ± 4.15	93.62 ± 3.10	58.15 ± 5.32	89.95 ± 5.26
t	-	0.052	4.854	0.041	5.124	0.084	4.624
p	-	0.954	0.000	0.854	0.000	0.954	0.000

2

[8]

P 0.05 3

3	%			
n=40	3	2	2	17.5
n=40	1	0	0	2.5%
X ²				6.984
p				0.05

3 讨论

[3]

[4]

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