

综合心理护理在神经病理性疼痛治疗中的应用

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【摘要】：目的：观察综合心理护理对神经病理性疼痛患者治疗效果、生活质量、护理体验等方面的改善作用。方法：选择我院神经病理性疼痛患者 112 例，随机分为实验组和对比组，各 56 例，实验组加用综合心理护理，对比组传统护理，观察两组护理、治疗情况差异。**结果：**实验组不良反应 8.92%，护理满意度 92.85%，对比组不良反应 14.28%，护理满意度 85.71%，差异明显 ($P < 0.05$)，两组疼痛评分、住院时间、生活质量、依从度评分对比差异明显 ($P < 0.05$)，两组 HAMA 量表、HAMD 量表、PSQI 量表、睡眠时间对比差异明显 ($P < 0.05$)。**结论：**神经病理性疼痛的临床发病率较高，患者多由于原发性基础疾病引发神经性疼痛，部分患者可通过疾病治疗有效消除疼痛，但出现长期疼痛的几率也较高，严重影响患者的生活质量，对患者开展综合心理护理，能够显著降低神经病理性疼痛对其生活造成的影响，改善其生活质量，值得临床重视。

【关键词】：综合心理护理；神经病理性疼痛；护理质量

Application of Comprehensive Psychological Nursing in the Treatment of Neuropathic Pain

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Abstract: Objective: To observe the improvement effect of comprehensive psychological nursing on the treatment effect, quality of life and nursing experience of patients with neuropathic pain. Methods: 112 patients with neuropathic pain in our hospital were randomly divided into the experimental group and the control group, with 56 cases in each group. The experimental group was given comprehensive psychological care, while the control group was given traditional care. The difference between the two groups in terms of care and treatment was observed. Results: The adverse reactions in the experimental group were 8.92%, nursing satisfaction was 92.85%, the adverse reactions in the control group were 14.28%, and nursing satisfaction was 85.71%, with significant differences ($P < 0.05$). The clinical incidence rate of neuropathic pain is high. Most patients suffer from neuropathic pain caused by primary basic diseases. Some patients can effectively eliminate pain through disease treatment, but the probability of long-term pain is also high, which seriously affects the quality of life of patients. Comprehensive psychological care for patients can significantly reduce the impact of neuropathic pain on their lives and improve their quality of life, which deserves clinical attention.

Keywords: Comprehensive psychological nursing; Neuropathic pain; Quality of care

[3-4]

[1-2]

[5-6]

1 资料与方法

1.1

2021 1 12

112

5

56 29 27 26

1 /

78 52.26 ± 25.74 13 37 30 /

25.16 ± 11.84

28

20 8 28 28 27

79 53.43 ± 25.57 14 38

26.13 ± 11.87

26

21 9

1.3

$= + /56*100\%$

$= + + + /56*100\%$

1.2

HAMA

HAMD

PSQI

1.4

SPSS17.0

$\bar{x} \pm s$

t

x^2 P 0.05

2 结果

1 8.92% 92.85%

14.28% 85.71%

P 0.05 1

1 % [n %]

	56	1 1.78	2 3.57	1 1.78	1 1.78	5 8.92
	56	2 3.57	1 1.78	2 3.57	3 5.35	8 14.28
X^2	-					7.18
P	-					P 0.05

2

P 0.05

2

2

$\bar{x} \pm s$ [n %]

			d		
	56	4.67 ± 0.42	8.18 ± 1.02	8.18 ± 0.48	8.66 ± 0.51
	56	7.12 ± 0.41	18.45 ± 2.03	6.37 ± 0.34	6.23 ± 0.37

t	-	11.0124	10.1428	11.0318	12.0371
P	-	P 0.05	P 0.05	P 0.05	P 0.05

2

3 HAMA HAMD PSQI P 0.05 3

3 HAMA HAMD PSQI $\bar{x} \pm s$ [n]

		HAMA	HAMD	PSQI	
	56	8.15 ± 2.34	6.48 ± 0.13	2.45 ± 0.18	7.37 ± 0.48
	56	18.67 ± 3.41	18.67 ± 3.28	8.67 ± 0.23	6.24 ± 0.55
t	-	11.0228	12.0348	12.3418	11.0318
P	-	P 0.05	P 0.05	P 0.05	P 0.05

3 讨论

[14-15]

[7-8]

[9-10]

8.92% 92.85%
14.28% 85.71%

[11-12]

[13]

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