

肝移植手术临床护理路径及术后延续性健康管理模式构建的研究

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【摘要】：目的：研究肝移植手术患者进行临床护理路径、术后延续性健康管理模式构建的方式以及效果。方法：选取 2019 年 11 月至 2021 年 11 月收取的 50 例肝移植手术患者计入实验，随机数字法做分组处理，其中对照组所纳入的 25 例患者应用常规护理，实验组所纳入的 25 例患者同时选择应用临床护理路径及术后延续性健康管理模式，比较不同时间段临床生化指标正常率、不同时间段 ESCA 量表评定结果。结果：出院之后的 1、9 个月，实验组血清丙氨酸氨基转氨酶、血清肌酐、尿素氮，血药浓度均高于对照组 ($P<0.05$)，出院后 9 个月总胆红素高于对照组 ($P<0.05$)；经过干预，出院后 9 个月实验组 ESCA 量表评定结果高于对照组， $P<0.05$ 。结论：针对肝移植手术患者应用临床护理路径及术后延续性健康管理模式，对于患者中远期生存质量和结局、自我行为管理有促进作用。

【关键词】：肝移植手术；临床护理路径；术后；延续性健康管理模式

Study on the Construction of Clinical Nursing Path and Continuous Health Management Model after Liver Transplantation

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Abstract: Objective: To study the clinical nursing path of patients undergoing liver transplantation and the way and effect of constructing a continuous health management model after liver transplantation. Methods: 50 patients who received liver transplantation from November 2019 to November 2021 were selected and included in the experiment. Randomized number method was used for grouping. Among them, 25 patients in the control group were treated with routine nursing, while 25 patients in the experimental group were treated with clinical nursing path and continuous health management mode after operation. The normal rate of clinical biochemical indicators in different time periods and the evaluation results of ESCA scale in different time periods were compared. Results: The serum alanine aminotransferase, serum creatinine, urea nitrogen and blood drug concentration in the experimental group were higher than those in the control group 1 and 9 months after discharge ($P<0.05$), and the total bilirubin was higher than that in the control group 9 months after discharge ($P<0.05$); After intervention, the evaluation result of ESCA scale in the experimental group was higher than that in the control group 9 months after discharge ($P<0.05$). Conclusion: The application of clinical nursing path and continuous health management model after liver transplantation can promote the quality of life, outcome and self behavior management of patients in the medium and long term. **Keywords:** Liver transplantation; Clinical nursing path; Postoperative; Continuous health management model

2019 11
2021 11 50

1 临床资料、方法

1.1

50 2019 11
2021 11
25 15 10
20~67 54.2 ± 10.23
25 14 11 12-48
20~68 54.32 ± 10.45
P>0.05

CVP

2

MELD A-C
25

24-48

1.2

[2]

[3]

1

2

1.3

1

2

9

ESCA

ESCA

Orem

0-57

58-115

116-172

[4]

Cronbach's α 0.902

1.4

SPSS 27.00

%

χ^2

P 0.05

2 结果

2.1

P<0.05

9

P<0.05

	1	[n %]			
		n=25	n=25	X ²	P
	1	14 56.00	17 68.00	4.6667	0.0307
	9	17 68.00	25 100.00	9.5238	0.0020
	1	12 48.00	19 76.00	4.1596	0.0413
	9	16 64.00	23 92.00	5.7110	0.0169
	1	15 60.00	22 88.00	5.0936	0.0240
	9	21 84.00	24 96.00	6.6396	0.0099
	1	15 60.00	22 88.00	5.0936	0.0240
	9	19 76.00	24 96.00	4.1528	0.0415
	1	13 52.00	20 80.00	4.3672	0.0366
	9	20 80.00	25 100.00	5.5556	0.0184
	1	15 60.00	14 56.00	0.0821	0.7744
	9	19 76.00	25 100.00	6.8182	0.0090

2.2

ESCA

2

9

ESCA

P<0.05

		2		ESCA			
			9		9		9
	25	97.52 ± 18.58	113.55 ± 17.10	23.20 ± 4.35	29.43 ± 5.33	15.33 ± 3.94	17.75 ± 4.47
	25	95.50 ± 19.85	89.15 ± 19.13	21.17 ± 4.66	20.40 ± 5.42	13.58 ± 3.28	14.72 ± 4.44
T		0.3714	4.7547	1.5922	5.9394	1.7067	2.4046
P		0.7119	0.0001	0.1179	0.0001	0.0943	0.0201

2

ESCA

			9		9
	25	19.25 ± 4.52	21.15 ± 4.08	44.38 ± 5.79	48.20 ± 7.35
	25	18.17 ± 3.72	15.77 ± 5.57	43.20 ± 4.35	39.54 ± 6.20
T		0.9225	3.8960	0.8146	4.5030
P		0.3609	0.0003	0.4193	0.0001

3 讨论

[5]

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