

以心理护理为主实施优质护理在肾内科护理工作中的临 床应用效果研究

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【摘 要】：目的：实验将针对肾内科患者实施治疗，重点分析以心理护理为主实施优质护理，总结护理要点。方法：针对 80 例肾内科患者为对象，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，观察组为以心理护理为主实施优质护理，对比治疗成果。结果：从数据可见，观察组患者的焦虑以及抑郁情绪在护理后得到良好的改善，均优于对照组，具有统计学意义 ($P<0.05$)。同时，在护理满意度上，观察组患者给予了高度评价，得分高于对照组，差异显著 ($P<0.05$)。最后，生活质量分析中，可结合 WHOQOL-BREF 量表的各个指标中均以观察组成效更优，差异具有统计学意义。结论：采用以心理护理为主实施优质护理对于肾内科患者的情绪管理应用效果好，也提升了护理的全面性，值得推广。

【关键词】：心理护理；优质护理；肾内科护理；生活质量；不良情绪

Tudy on Clinical Application Effect of High Quality Nursing based on Psychological Nursing in Nephrology Department Nursing Work

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Abstract: Objective: The experiment will focus on the treatment of patients in nephrology department, focusing on the analysis of the implementation of high-quality nursing based on psychological care, and summarize the key points of nursing. Methods: 80 patients in nephrology department were selected as the objects. 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 given routine care, and the observation group was given high-quality care based on psychological care, and the results of treatment were compared. Results: It can be seen from the data that the anxiety and depression of the patients in the observation group were improved well after nursing, which were better than those in the control group, with statistical significance ($P<0.05$). At the same time, in terms of nursing satisfaction, the patients in the observation group were highly evaluated, and their scores were higher than those in the control group, with a significant difference ($P<0.05$). Finally, in the analysis of quality of life, it is better to observe the constituent effect of each indicator of the WHO QOL BREF scale, and the difference is statistically significant. Conclusion: The application of high quality nursing based on psychological nursing is effective for the emotional management of patients in nephrology department, and it also improves the comprehensiveness of nursing, which is worth promoting.

Keywords: Psychological nursing; Quality care; Nephrology nursing; Quality of life; Bad mood

80 2021 6
2022 5

1 资料与方法

1.1

80 2021 6
2022 5
14 18 35-78
47.45 ± 3.96 17 1.3
15 34-77 46.39 ± 3.87

SAS SDS

P>0.05

50

60

70

1.2

WHOQOL-BREF

20

1.4

21 -24

50%-60%

SPSS 20.0

t x ± s χ^2
[n %] P 0.05

2 结果

P

0.05

1

1

$\bar{x} \pm s$

		SDS		SAS	
	40	58.89 ± 4.97	38.93 ± 2.57	57.33 ± 5.34	40.17 ± 3.05
	40	58.46 ± 4.82	49.86 ± 3.91	57.69 ± 5.72	47.89 ± 4.23
t		0.393	5.684	0.652	4.628
P		0.696	0.000	0.834	0.000

P 0.05

2

2		[x ± s]			
	40	22.67± 0.98	23.46± 1.76	23.98± 1.22	24.09± 0.22
	40	20.33± 1.23	21.24± 1.89	20.87± 2.87	21.22± 1.89
t		2.342	3.099	3.729	3.724
P		0.05	0.05	0.05	0.05

WHOQOL-BREF

3			x ± s			3
n=40	18.65 ± 3.21	18.36 ± 2.43	18.63 ± 2.96	16.46 ± 2.21	17.96 ± 2.09	
n=40	21.02 ± 3.33	20.63 ± 2.46	22.98 ± 2.34	20.76 ± 2.11	23.04 ± 2.18	
t	3.434	2.315	4.356	4.093	5.024	
p	0.05	0.05	0.05	0.05	0.05	

3 讨论

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