

小儿支气管炎患儿应用综合护理干预的效果研究

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【摘要】：目的：探究综合护理干预措施对小儿支气管炎的应用效果。方法：文章研究人员选取时间 2021 年 4 月到 2022 年 6 月，共选取研究患儿 60 人，随机分成综合护理干预组和基础护理对照组，每组研究患儿 30 例，收集组间研究数据，比对两组患儿生活质量、症状好转以及情绪改善情况。结果：护理前，两组患儿生活质量评分差异小，护理后综合组各项质量评分均更高， P 值 <0.05 ；综合组患儿症状（咳嗽、咳痰、憋闷、肺部湿罗音和哮鸣）缓解时间更快， P 值小于 0.05；综合组小儿治疗期间负性情绪明显改善， P 小于 0.05；综合组小儿入睡时间更快、睡眠质量更佳， P 小于 0.05。结论：支气管炎患儿住院治疗期间应用综合护理，可以明显缓解患儿的基础症状，改善负性情绪和夜间睡眠质量。

【关键词】：小儿支气管炎；综合护理；生活质量；负性情绪；症状

Effect of Comprehensive Nursing Intervention on Children with Bronchitis

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Abstract: Objective: To explore the effect of comprehensive nursing intervention on children's bronchitis. Methods: From April 2021 to June 2022, the researcher selected 60 children to study, randomly divided them into comprehensive nursing intervention group and basic nursing control group, each group studied 30 children, collected research data between groups, and compared the quality of life, improvement of symptoms and emotional improvement of the two groups of children. Results: Before nursing, there was little difference in quality of life scores between the two groups. After nursing, the comprehensive group had higher quality scores ($P<0.05$); The symptoms (cough, expectoration, suffocation, lung moist rale and wheezing) of children in the comprehensive group relieved faster, $P<0.05$; The negative emotion of children in comprehensive group was significantly improved during treatment, $P<0.05$; The children in the comprehensive group fell asleep faster and had better sleep quality ($P<0.05$). Conclusion: Comprehensive nursing during hospitalization of children with bronchitis can obviously relieve their basic symptoms, improve their negative emotions and sleep quality at night.

Keywords: Children bronchitis; Comprehensive nursing; Quality of life; Negative emotions; Symptom

[6]

4

[1-2]

1 资料和方法

1.1

[3]

啰

60

2021 4 2022 6

30

[4-5]

5

4

1.26 ± 0.49

4 25 18.62 ± 2.38 6
/ 16/14 6 4
1.28 ± 0.51 6 25
19.02 ± 1.12 / 17/13

P 0.05
1.2

7

1

1.3

1

SF-36

2

3

SDS SAS

4

PSQI

2

1.4

SPSS23.0

T

p

0.05

2

2 结果

2.1

3

P

0.05

1-2L/min

4

5

1		$\bar{x} \pm s$			
		n=30	n=30	T	P
		78.36 ± 7.54	78.69 ± 7.78	0.1668	0.8681
		78.93 ± 6.14	79.54 ± 6.42	0.3761	0.7082
		77.98 ± 8.13	78.69 ± 8.16	0.3376	0.7369
		76.72 ± 6.42	77.61 ± 6.52	0.5327	0.5962
		92.64 ± 5.72	85.65 ± 4.96	5.0569	0.0000
		92.57 ± 9.43	83.67 ± 6.05	4.3509	0.0001
		94.93 ± 6.82	85.51 ± 5.15	6.0373	0.0000
		93.44 ± 7.19	84.66 ± 8.04	4.4586	0.0000

(1
2.2

3 讨论

3.21 ± 0.68 d 3.16 ± 0.52 d 3.22 ± 0.37 d 4.11
± 0.35 d 4.08 ± 0.43
5.16 ± 0.81 d 5.42 ± 0.66 d 5.67 ± 0.52 d 6.12
± 0.64 d 6.09 ± 0.37 d t=10.0990 14.7322
21.0266 15.0925 19.4072 p=0.0000 0.0000 0.0000
0.0000 0.0000 P

[7-8]

0.05
2.3

SAS 63.25 ± 5.36 SDS 64.28
± 6.31 62.67 ± 6.28 63.72 ± 6.48
t=0.3848 0.3391 p=0.7018 0.7357 P 0.05
2 SAS 41.24 ± 5.21
SDS 40.28 ± 4.39 53.24 ± 5.61 52.37
± 4.82 t=8.5849 10.1571 p=0.0000 0.0000
P 0.05

2.4

2.42 ± 0.40
2.68 ± 0.23 2.67 ± 0.59
2.69 ± 0.38 2.36 ±
0.52 2.72 ± 0.24 2.68 ± 0.43 2.71
± 0.45 t=0.5009 0.6591 0.0750 0.1860 p=0.6183
0.5125 0.9405 0.8531 P 0.05 2
1.12 ± 0.52 1.38 ± 0.26 1.37
± 0.25 1.61 ± 0.25 1.82 ± 0.63
1.91 ± 0.22 2.09 ± 0.32 2.11 ± 0.36
t=4.6935 8.5233 9.7114 6.2484 p=0.0000 0.0000
0.0000 0.0000
P 0.05

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