

饮食护理干预对血透患者营养及钙磷代谢影响

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【摘要】目的：探析个体化饮食护理干预对维持性血液透析患者营养状况及钙磷代谢的影响。方法：选取 2019 年 1 月~2021 年 10 月我院收治的 200 例维持性血液透析患者，随机分为两组，对照组 100 例实施常规饮食护理，观察组 100 例实施个体化饮食护理干预，对比两组的饮食依从性、营养指标、血磷水平、血钙水平。结果：观察组的饮食依从性 97.0% 高于对照组 82.0%，有统计学意义（ $P < 0.05$ ）；护理后，观察组的 ALB、PA、BMI 均高于对照组，有统计学意义（ $P < 0.05$ ）；护理后，观察组的血钙含量高于对照组，血磷含量低于对照组，有统计学意义（ $P < 0.05$ ）。结论：针对维持性血液透析患者实施个体化饮食护理干预可以提高饮食依从性，营养状况得到改善，对钙磷代谢紊乱起到预防作用，值得临床推广。

【关键词】：饮食依从性；持性血液透析；营养指标；个体化饮食护理干预；血磷水平；血钙水平

Effect of Individualized Diet Nursing Intervention on Nutritional Status and Calcium and Phosphorus Metabolism of Maintenance Hemodialysis Patients

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Abstract: Objective: To explore the effect of individualized diet nursing intervention on nutritional status and calcium and phosphorus metabolism of maintenance hemodialysis patients. Methods: 200 cases of maintenance hemodialysis patients admitted to our hospital from January 2019 to October 2021 were randomly divided into two groups. The control group (100 cases) received routine diet nursing, and the observation group (100 cases) received individualized diet nursing intervention. The diet compliance, nutritional indicators, blood phosphorus level, and blood calcium level of the two groups were compared. Results: The diet compliance of the observation group was 97.0% higher than that of the control group (82.0%, $P < 0.05$); After nursing, the ALB, PA and BMI of the observation group were higher than those of the control group, with statistical significance ($P < 0.05$); After nursing, the blood calcium content in the observation group was higher than that in the control group, and the blood phosphorus content was lower than that in the control group, with statistical significance ($P < 0.05$). Conclusion: Individualized diet nursing intervention for maintenance hemodialysis patients can improve diet compliance, improve nutritional status, and prevent calcium and phosphorus metabolism disorder, which is worthy of clinical promotion.

Keywords: Dietary compliance; Persistent hemodialysis; Nutritional indicators; Individualized diet nursing intervention; Blood phosphorus level; Blood calcium level

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1 资料与方法

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82.0%

ALB PA BMI

P<0.05

97.0%

P<0.05

P<0.05