

饮食护理对终末期肾病维持血液透析患者治疗的临床效果探讨

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【摘要】：目的：分析终末期肾病（ESRD）维持血液透析（MHD）患者采取饮食护理对其治疗效果的影响。方法：选取 2021 年 6 月至 2022 年 5 月进行 MHD 治疗的 ESRD 患者 230 例，随机分为观察组和对照组 115 例，对照组给予常规护理，观察组则加强饮食护理，对比两组患者的临床疗效。**结果**：观察组钙磷乘积、血钾、血磷水平低于对照组（ $P<0.05$ ）；观察组血钙水平高于对照组（ $P<0.05$ ）；观察组营养指标高于对照组（ $P<0.05$ ）；观察组 RAAQ 评分、RABQ 评分均高于对照组（ $P<0.05$ ）。**结论**：饮食护理在 MHD 治疗的患者中应用可有效改善 ESRD 患者的营养指标以及血清水平，提升饮食依从性。

【关键词】：维持血液透析；饮食护理；营养指标；终末期肾病；饮食依从性

Clinical Effect of Diet Nursing on Maintenance Hemodialysis Patients with End-stage Renal Disease

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Abstract: Objective: To analyze the effect of diet nursing on the treatment of patients with end-stage renal disease (ESRD) undergoing maintenance hemodialysis (MHD). Methods: 230 ESRD patients who were treated with MHD from June 2021 to May 2022 were selected and randomly divided into the observation group and the control group (115 cases). The control group was given routine care, while the observation group was given diet care to compare the clinical efficacy of the two groups. Results: The calcium phosphorus product, blood potassium and blood phosphorus levels in the observation group were lower than those in the control group ($P<0.05$); The blood calcium level in the observation group was higher than that in the control group ($P<0.05$); The nutritional indexes in the observation group were higher than those in the control group ($P<0.05$); The RAAQ score and RABQ score in the observation group were higher than those in the control group ($P<0.05$). Conclusion: The application of diet nursing in MHD patients can effectively improve the nutritional indicators and serum levels of ESRD patients, and enhance diet compliance.

Keywords: Maintaining hemodialysis; Diet care; Nutritional indicators; End stage renal disease; Dietary compliance

ESRD

[3]

MHD

[1]

[2]

ESRD

ESRD

MHD

MHD

1 资料和方法

1.1

230

MHD

ESRD

2021

6

2022	6	115	57	58	mmol/L				
		58.32 ± 0.51	115	56		4.65 ± 1.25	2.17 ± 0.35		
	59	57.29 ± 0.49			mmol/L	2.23 ± 0.12	mmol/L	5.10 ± 0.41	
	P>0.05				mmol/L				
	1.2					t=5.741	5.802	9.361	5.714 P<0.05
		115			2.2				
						32.32 ± 2.50	g/L		219.73
		115			± 29.20	g/L	93.77 ± 15.21	g/L	
						32.91 ± 2.24	g/L		218.47
					± 30.14	g/L	94.56 ± 16.23	g/L	
						t=0.002	0.003	0.005	P>0.05
		1.2~1.4g/kg				37.61 ± 2.27	g/L		247.90
					± 27.60	g/L	110.71 ± 19.41	g/L	
	30~35kcal/kg	24h				33.95 ± 2.31	g/L		229.38
	500ml		4g		± 27.71	g/L	97.72 ± 17.50	g/L	
						t=5.854	6.412	7.162	P<0.05
					2.3	RAAQ	RABQ		
						RAAQ	71.67 ± 5.72		RABQ
					72.14 ± 4.12				
						RAAQ	72.35 ± 5.41		RABQ
	1.3				71.83 ± 4.25				
						t=0.008	0.226		P>0.05
		RAAQ							
		[4] RABQ				RAAQ	119.53 ± 4.52		RABQ
		[5]			113.77 ± 5.21				
	1.4					RAAQ	91.61 ± 3.93		RABQ
	SPSS20.0		P	0.05	88.40 ± 6.26				
						t=5.069	5.852		P<0.05
2 结果					3 讨论				
2.1					ESRD				
					MHD				
					MHD				
		4.81 ± 0.95		2.22 ± 0.35					
mmol/L		2.15 ± 0.17	mmol/L	5.25 ± 0.46					
mmol/L									[6] MHD
		4.80 ± 0.80		2.24 ± 0.27					
mmol/L		2.12 ± 0.16	mmol/L	5.28 ± 0.43					
mmol/L									
		t=0.312	0.852	0.302	0.741				P>0.05
						[7]			
		4.07 ± 0.84		1.67 ± 0.45					
mmol/L		2.37 ± 0.33	mmol/L	4.12 ± 0.36					

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