

预见性护理对糖尿病肾病血液透析患者的影响

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【摘要】：目的：探析预见性护理对糖尿病肾病血液透析患者健康知识掌握程度及低血糖发生率的影响。方法：选取 2021 年 7 月~2022 年 6 月我院收治的 40 例糖尿病肾病血液透析患者，随机分为两组，对照组 20 例实施常规护理，观察组 20 例实施预见性护理，对比两组的营养状态、生活质量、护理满意度、健康知识掌握程度及低血糖发生情况。结果：护理后，观察组的 TP、ALB 水平均高于对照组，有统计学意义（ $P<0.05$ ）；护理后，观察组的生活质量评分高于对照组，有统计学意义（ $P<0.05$ ）；观察组的护理满意度与健康知识掌握率高于对照组，且低血糖发生率低于对照组，有统计学意义（ $P<0.05$ ）。结论：针对糖尿病肾病血液透析患者实施预见性护理可以提高健康知识掌握程度，改善机体营养状态，降低低血糖发生率，提高患者的生活质量，值得临床推广。

【关键词】：预见性护理；糖尿病肾病；血液透析；健康知识掌握程度；低血糖；护理效果

Effect of Predictive Nursing on the Mastery of Health Knowledge and the Incidence of Hypoglycemia in Hemodialysis Patients with Diabetes Nephropathy

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Abstract: Objective: To explore the influence of predictive nursing on the mastery of health knowledge and the incidence of hypoglycemia in hemodialysis patients with diabetes nephropathy. Methods: 40 hemodialysis patients with diabetes nephropathy admitted to our hospital from July 2021 to June 2022 were randomly divided into two groups. The control group (20 cases) received routine nursing care, and the observation group (20 cases) received predictive nursing care. The nutritional status, quality of life, nursing satisfaction, health knowledge mastery, and hypoglycemia were compared between the two groups. Results: After nursing, the levels of TP and ALB in the observation group were significantly higher than those in the control group ($P<0.05$); After nursing, the score of quality of life in the observation group was higher than that in the control group, with statistical significance ($P<0.05$); The rate of nursing satisfaction and health knowledge mastery in the observation group was higher than that in the control group, and the incidence of hypoglycemia was lower than that in the control group, with statistical significance ($P<0.05$). Conclusion: Predictive nursing for hemodialysis patients with diabetes nephropathy can improve their knowledge of health, improve their nutritional status, reduce the incidence of hypoglycemia, and improve their quality of life, which is worthy of clinical promotion.

Keywords: Predictive nursing; Diabetes nephropathy; Hemodialysis; Knowledge of health; Hypoglycemia; Nursing effect

2021 7 ~2022 6

40

[1]

1 资料与方法					1.3				
1.1					TP				
2021		7	~2022	6	40	ALB		[3] (SF-36	
					20				
12	8		42~75		62.05				
± 5.85				16.37±3.68					
27.67±5.37				BMI	22.34±1.58 kg/m²				
20	13		7		41~74				
62.13 ± 5.82				16.43±3.70		1.4			
		27.59±5.44		BMI		SPSS 26.0		t χ²	
22.29±1.61 kg/m²						% x ± s		P<0.05	
P>0.05						2 结果			
1.2						2.1			
1						TP 66.81 ± 3.87 g/L ALB 32.78			
				± 3.57 g/L		66.75 ± 3.91 g/L 32.80 ± 3.53			
				g/L		TP 75.39 ± 6.85 g/L ALB 41.45			
				± 4.91 g/L		78.52 ± 6.75 g/L 46.55 ± 4.08			
				g/L		TP ALB			
						P<0.05			
						2.2			
						71.51 ± 11.22			
						73.74 ± 11.26 75.51 ± 9.79			
						73.50 ± 11.20 71.49 ± 11.26			
						73.78 ± 11.23 75.47 ± 9.81 73.47 ±			
		0.9%		11.19		77.90 ± 11.88			
						78.81 ± 13.48 81.68 ± 10.31			
						79.22 ± 13.49 84.34			
						± 13.21 85.38 ± 13.41 87.26 ± 11.39			
						85.49 ± 14.23			
						P<0.05			
				35~40kcal/		2.3			
kg.d				35%~40%					
50%~55%						70.00% 14/20			
2 /w				1.0~1.2g/kg		75.00% 15/20 20.00% 4/20			
3 /w				1.2~1.5g/kg[2]		90.00% 18/20			
						100.00% 20/20 5.00% 1/20			
						P<0.05			
						3 讨论			

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[5]

[6]

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TP ALB

100.00%

90.00%

20.00%

5.00%

P<0.05

TP ALB