

Effect of individualized nursing on improving nursing quality of patients with chronic urticaria

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Abstract : Objective: to understand the effect of individualized nursing on improving the nursing quality of patients with chronic urticaria. Methods: 100 patients with chronic urticaria in our hospital from May 2016 to July 2018 were randomly divided into two groups. The patients in the routine nursing group were given routine nursing care, and the patients in the personalized nursing group were given personalized nursing during the treatment. The satisfaction of the two groups was compared; the scores of gqli-74 questionnaire and self rating Anxiety Scale before and after nursing, and the score of nursing quality. Results: the satisfaction of individualized nursing group was 100%, which was higher than 80.00% of routine nursing group, $X^2 = 6.142$. Gqli-74 questionnaire score was 93.45 ± 2.84 , self rating Anxiety Scale score was 24.21 ± 1.14 , which was better than that of routine nursing group (84.44 ± 2.21 , 39.21 ± 2.55), T score was 7.634 and 8.312, $P < 0.05$. The nursing quality score of personalized nursing group was 95.45 ± 2.75 , which was higher than that of routine nursing group (81.21 ± 2.01), $X^2 = 6.213$, $P < 0.05$. Conclusion: the effect of individualized nursing on patients with chronic urticaria during the treatment is accurate, which can improve the quality of nursing service, improve the quality of life and improve the emotional state of patients.

Key words : individualized nursing ; chronic urticaria patients ; nursing quality ; influence

The incidence rate of chronic urticaria is very high. This is a common skin disease. The chronic urticaria is mainly caused by local edema and edema caused by dilation of blood vessels and dilation of the skin. The onset of chronic urticaria is long and frequent. It is easy to have a significant effect on the physical and mental health and quality of life of the patients. Therefore, it is necessary to strengthen the chronic urticaria during treatment. Effective nursing of measles patients to ensure the smooth development of treatment and ensure the quality of life of patients with chronic urticaria^[1-2]. In this study, 100 patients with chronic urticaria in our hospital from May 2016 to July 2018 were randomly divided into two groups. The patients in the routine nursing group were given routine nursing care, and the patients in the personalized nursing group were given personalized nursing during the treatment. The satisfaction of the two groups was compared; the gqli-74 questionnaire score and self rating Anxiety Scale score were evaluated before and after nursing; the nursing quality score was used to analyze the influence of personalized nursing on the improvement of nursing quality of patients with chronic urticaria.

1 Materials and methods

1.1 informationMethods

100 patients with chronic urticaria in our hospital from May 2016 to July 2018 were randomly divided into two groups. The age of personalized nursing group was 35-68 years old (43.67 ± 2.87) years old. There were 29 male and 21 female patients respectively. The shortest time of onset was 8 months and the longest was 35 months. The average time of onset was (25.13 ± 2.82) months. The patients in the routine nursing group were 35-68 years old (43.24 ± 2.13) years old. The shortest onset time was 8 months and the longest was 34 months. The average onset time was (25.56 ± 2.56) months. There was no significant difference between the two groups.

1.2 method

The routine nursing group was given routine nursing, and the patients with dermatitis were given medication nursing. The individualized nursing group carried out individualized nursing during the treatment. Objective to establish a personalized nursing group to analyze the problems existing in the nursing of chronic urticaria in the past. Combined with the actual situation and clinical nursing experience of patients with chronic urticaria, the individualized nursing scheme was formulated according to the situation of patients with chronic urticaria. First, a good environment. Create a warm hospital environment, indoor temperature and humidity, suitable light, reduce environmental stress. Second, psychological nursing, explain the process and cooperation of chronic urticaria, introduce successful cases, eliminate the adverse emotions of patients with chronic urticaria, and improve the compliance of patients with chronic urticaria. Third, skin care. During radiotherapy, patients should be instructed to wear soft and loose clothes to avoid friction and irritation. If appear skin flush and pigmentation, need to instruct patients to avoid scratching, also avoid using irritating drugs. Fourth, diet care. Inform patients that the occurrence of the disease may be related to food and other allergens. Therefore, nursing staff should fully understand the patient's diet structure and eating habits, guide patients to choose foods rich in vitamins and easy to digest, avoid spicy food, avoid eating seafood, and help patients arrange meals reasonably^[3].

1.3 observation index

The satisfaction of the two groups was compared; the anxiety degree (SAS, 20-80 points, the lower the anxiety, the lighter the anxiety), the quality of life (gqli-74 questionnaire score, 0-100 points, the higher the quality of life), and the nursing quality score (0-100

points, the higher the score, the higher the nursing quality).

1.4 statistical treatment

Spss24.0 software, t, x2 test, P < 0.05 was significant difference.

2 Results

2.1 satisfaction

The satisfaction of individualized nursing group was 100%, higher than that of routine nursing group (80.00%), X2 = 6.142.

2.2 gqli-74 questionnaire score and self rating

Anxiety Scale score Before nursing, the scores of gqli-74 questionnaire and self rating anxiety scale of the two groups were close, P > 0.05. After nursing, the scores of gqli-74 questionnaire and self rating Anxiety Scale were 93.45 ± 2.84 and 24.21 ± 1.14 respectively, which were better than 84.44 ± 2.21 and 39.21 ± 2.55 in the routine nursing group, t was 7.634 and 8.312 respectively, P < 0.05. As shown in Table 1.

Table 1 Analysis of gqli-74 questionnaire score and self rating Anxiety Scale score before and after nursing (x ± s)

Group	Number of cases	time	Self-rating anxiety scale	Comprehensive assessment of quality of life GQLI-74questionnaire score
Personalized care group	50	Before care	65.21±4.35	71.01±1.50
		After care	24.21±1.14	93.45±2.84
Routine care group	50	Before care	65.15±4.26	71.14±1.35
		After care	39.21±2.55	84.44±2.21

2.3 nursing quality score

The nursing quality score of personalized nursing group was 95.45 ± 2.75, which was higher than that of routine nursing group (81.21 ± 2.01), X2 = 6.213, P < 0.05.

3 discussion

At present, the incidence rate of chronic urticaria is increasing, and many chronic urticaria treatments are carried out. Chronic urticaria has great influence on the physical and psychological aspects of patients with chronic urticaria, especially the skin can cause radiation damage. It is necessary to do well in the nursing of chronic urticaria, so as not to affect the health and life of patients with chronic urticarial. Personalized nursing through the establishment of a personalized nursing group, the problems in the past chronic urticaria nursing were analyzed, combined with the individual situation of patients, personalized nursing was implemented to promote personalized nursing work, so as to ensure the quality of physical and mental

recovery of patients and reduce the occurrence of complications.

In this study, the patients with chronic urticaria in the routine nursing group were given routine nursing, and the patients in the personalized nursing group were given personalized nursing during the treatment. The results showed that the satisfaction of the personalized nursing group was 100%, which was higher than 80.00% of the conventional nursing group. The quality of life and nursing quality were higher than that of the conventional nursing group During the treatment of measles patients, the effect of individualized nursing is exact, which can improve the quality of life and improve the emotional state of patients. It is mainly related to the implementation of personalized nursing to strengthen the psychological counseling of patients, improve the compliance of patients, reduce their psychological pressure, and create a good environment to reduce the adverse stress

of the environment on patients, and the standardized skin care can be better Accelerate the disappearance of symptoms and promote the recovery of patients. To sum up, the effect of individualized nursing on chronic urticaria patients during treatment is exact, which can improve the quality of nursing service, improve the quality of life and improve the emotional state of patients.

reference

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