临床医学研究: 2022 年 4 卷 9 期
ISSN: 2705-0939(Print); 2705-0475 (Online)

疼痛护理对类风湿关节炎患者生活质量的影响

周加美
云南省中医医院滇池院区 云南 昆明 650228

【摘 要】：目的：乙哑太夺勿墠伉孌搢圢刜デ嵛垠┤ 她勿墠叼哖⇑ 方法：憔ᶠᵍᵃ 2017 兡 8 咔-2020 兡 8 咔叵噤╝ 勀掂她 88 〕芻尉謺扃壨掀咪乙宦她吤官乙┳ 復傒宦└ 傚埡宦謺傚埡宦 44 〕謺復傒宦 44 〕謺傚埡宦扃壨兑循勿墠喤官謺復傒宦扃壨太夺勿墠喤官謺傚嗺┣ 宦芻尉太夺忯乙暻傚嗺┣ 宦芻尉攉囊恍扉暻傚嗺┣ 宦芻尉勿墠叼哖丿均劂鼻⇑ 结果：復傒宦勿墠ㄨ太夺乙同└ 傚埡宦吳呜帡儳写謺伉勿墠nm復傒宦太夺乙同♫╝ 傚埡宦暨P瞥0.05暩暻復傒宦攉囊恍扉乙同撣╝ 傚埡宦暨P瞥0.05暩暻復傒宦勿墠刨咕叼塺└ 刨均劂鼻优撣╝ 傚埡宦暨P瞥0.05暩⇑ 结论：伉勿墠孌搢圢刜デ嵛垠慮媝┤ 謺扃壨太夺勿墠喤官謺芻尉攉囊恍扉乙同厒㈥謺勿墠刨咕叼塺└ 刨均劂鼻优厒撣謺呖┆ 嫊嬋偕她勿墠喤官⇑

【关键词】：孌搢圢デ嵛垠暻攉囊恍扉暻勿墠叼哖

Effect of Pain Nursing on Quality of Life of Patients with Rheumatoid Arthritis

Jiamei Zhou

Yunnan Hospital of Traditional Chinese Medicine Dianchi Yunnan Kunming 650228

Abstract: Objective: To analyze the nursing effect of pain nursing in rheumatoid arthritis. Methods: A total of 88 patients admitted to our hospital from August 2017 to August 2020 were selected and randomly divided into the observation group and the control group, with 44 cases in the control group and 44 cases in the observation group. The control group received routine nursing mode, while the observation group received pain nursing mode. The pain scores of the two groups were compared. The quality of life was compared between the two groups. The nursing effect and satisfaction were compared between the two groups. Results: There was no significant difference in the pain score between the observation group and the control group before nursing, and the pain score of the observation group was lower than that of the control group after nursing (P < 0.05). The score of quality of life in the observation group was higher than that in the control group (P < 0.05). The total effective rate and total satisfaction of the observation group were higher than those of the control group (P < 0.05). Conclusion: In the process of nursing rheumatoid arthritis, the use of pain nursing model, the patients' quality of life score is improved, the total efficiency of nursing and total satisfaction are improved, is a scientific nursing model.

Keywords: Rheumatoid arthritis; Quality of life; Nursing effect

前言

孌搢圢刜デ嵛垠僊╝ ┆ 嫊崕惕シ瓮夼謺┳ 徥呖㎥任芻尉崕惕デ嵛謺啾卤夼失囊ㄩ婪鼻謺nA▾ 乙┳ ┣┤ 呀咱謺┆ 嫊┳ 媦偯咱謺慶咕┆ 嫊┳ 囊ㄩ咱⇑ 俏哖芻尉侚╝ 囊ㄩ咱謺丅墇岨岩丿太夺剡儿慆偁⇑ 嗔夬夼伉偕刜┤ 她◑ ⚁兡斃嗯懿峎侺㘝壟謺芻尉㘝夼nm謺夼剡♂ㄏ⁻侜㘝× 謺kℓ呀二咕慆撣她崠嗚崠嗤啿歷ᵛ⁺ᵒᶥ⇑ 孌搢圢刜デ嵛垠♂ ◇咕彍囿孌搢圢仱偠捩刜謺芻尉♂丅墇㊉夺丿囊ㄩ㘝ᶻᶺ揉┳ ┳ 徥她┳ 六失堳謺俏哖┓ 密┺ 芻尉㊦呀勿墠謺芻尉夼剡㘝僈♂ 咍┳ ┤ 扇謺┓ ♩♂傚芻尉慹ㄩ孳寁、壟凅中謺kℓ呀慶♂傝崠芻尉ㄖ峎┤ 侮謺仱嗔伉勿墠慮媝┤ 謺密┺ 芻尉太夺勿墠謺志芻尉失堳澤▾ 号亂謺芻尉壟囊恍扉┣ 咕勍厒㈥ᶥ⁺²ᶥ⇑

1 一般资料和方法

/,/ ┆ 崹悚吗

俏憔ᶠᵍᵃ 0. / 5 兡 6 咔+0. 0. 兡 6 咔叵噤╝ 勀掂她 66 〕芻尉謺扃壨掀咪乙宦吤官謺傚芻尉乙┳ 復傒宦└ 傚埡宦謺復傒宦 22 〕⇑ 廿┤ 謺壳刜芻尉 00 〕謺佶刜芻尉 00 〕謺芻尉侧└ ▾ ┐ 偕㊇■ 同┳ /. ■ 謺┤ └ 崟侧└ 偕㊇■ 同┳ /5■ 謺┤ └ ▾ ┐ ■ 同┳ /5■ 謺兡鼾暺23+5. 暨僖暩┺ 挽謺芻夼挑优呀挽┳ 呱捞┳ 7兡謺呱姠┳ / 兡暻傚埡宦 22 〕謺壳刜 01 〕謺佶刜 0/ 〕謺芻尉侧└ ▾ ┐ 偕㊇■ 同┳ 7■ 謺┤ └ 崟侧└ 偕㊇■ 同┳ /5■ 謺┤ └ ▾ ┐ ■ 同┳ /6■ 謺兡鼾暺兡鼾呱僦┳ 24僖謺呱侧兡鼾┳ 5/ 僖謺傚嗺┣ 宦┆ 崹悚吗謺吳呜帡儳写謺N暾. ,. 3謺二咕nA嗺刜⇑

宙夕啥ン暺暨/暩憔匪影忴吡┳ 孌搢圢刜デ嵛垠芻尉暻暨0暩憔匪芻尉呀謺澤ㄈ芻尉㊦芻尉傻僊kℓ劂吤nA懘彐娀媲⇑

卵掃啥ン暺暨/暩処岤仗偭ㄖ峎偶伉掙娭芻尉暻暨0暩慔⚁咕ナ▥ 劒刜夬夼芻尉暻暨1暩ㄐ │ 刜┓ 撣芻尉⇑

/,0 娀媲吤噱

傚埡宦扃壨兑循勿墠喤官謺復傒宦扃壨太夺勿墠吤噱謺揘ㄑ扃壨密巡勿墠謺勿墠■ Gy搤徥忯♠芻尉太夺堳儿謺啾卤㈤仆匚傝芻尉μℓ墠壨巡謺nA▾ 【壨孨妄恍垿學巡堜謺庹埘二咕┆ ╥ ㄐ⁻关謺♩呖俏哖巡堜nds扉慆♫謺峎侺愁憰嗒夺謺ぇ【伶⚁岩┐ 峆愬她ㄏ⁻樁勲ㄱ捻♫謺kℓ呀┣ ♂捻♫夬夼她ㄐ×

壨⇑ 【壨摝壷⊡勷垠巡堜磬峎侺ぇ【剪屘垠失澤ㄷ一愿磬嗒夼叼哖嵑俍⇑ 勿墠■ Gy搵徥kΩ姬剪屘伉龠nm咘壨⇑ 伉龠ㄟnA▼ 咘壨岬敓嫊こ勿ㄐ磬愬シ岬岕憺㉿壛┓ 嵑ㄗ关⇑处墠勿墠磬孌揟圢デ嵛垠僊⌋ ┆ 嫁劒刜夬夼磬夼剋♂ㄗ侜㉿× 磬kℓ呀剪屘捯咱咕岨岩劉丆太夼劉磬伶嗔剪屘二咕慆側剋寋噸�磬傮ナ剪屘慡⊡懂ㄋ夼嶚呀磬剪屘♂傚岗⊡ㄒ峎卞♁咕匍凹劉磬処墠勤ㄋ儭側她㊉ㄉ磬太夼┓ ▌ ººradˢ夬夼克咾她太夼磬kℓ呀慶└ 慱ㄴㄋ捼←壛囊价採嫽伶學妠デ磬傝崠剪屘ㄋㄷ寬μℓㄹ垿磬伶嗔磬勿墠■ Gy搵徥偳否処墠夏傝磬nA▼ 敳ㄗ妠kℓ夼勸她剪屘磬志▥ ◆ 凊嗔妠╟ 噓憟磬╟ 妠铉忴処┤ 勍剝磬寰徼処墠㊉ㄉ↑ kℓ呀磬伉└ 剪屘╫ 嚦掂嗯磬勿墠■ Gy搵徥 │怕忀丆ヨㄩ┤ 密└ 剪屘咍偁她デ処丆堅勿磬└ 剪屘唌嬓嵑俍她勿剪デ孳磬┳ 剪屘厒丨后嚌她傲㈤墆侁⇑ デ嵛勿墠磬俏哖剪屘僊⌋ 刚刜咱磬儿搵徥志デ嵛▥刻磬剪屘┓ 峎慮異囊ㄩ磬慷唗傚⌋ 一愿垠失咕扇徥× 壨⇑ nA▼ ┻ 剪屘厒丨慈ㄈ儩二磬〕俏化咸嫽⇑ ぇ【吵兑囊ㄩ太夼劉澤▼ 一愿⇑ 俏哖剪屘僊⌋ ╥ 刚刜咱磬nA▼ 懟ヨデ嵛慱ㄩ磬♩呖徥伉剪屘峎侺屙ㄋ她巉佯ピ磬ぇ【デ嵛囊ㄩ異澤▼ 寔匷磬伉囊ㄩㄟ咱搵徥傚デ嵛偳否噤夔◀ 埡傾磬志剪屘僕懹妄岘㉿埆⇑

密└ 剪屘嶄憵勿墠磬勿墠■ Gy搵徥志剪屘傿ｂ她墆侁こ匷嵑俍她憟搢叼哖丆扃サ磬圍異怫嵛伉 01 厹嘌異優cal磬圢異怫嵛伉 33# 優cal⇑ 剪屘傿ｂ她夼勸ピ┓ 徥咕冱サ丆仙揲磬俏哖剪屘僊⌋ 刚刜咱磬L搵徥匚傝剪屘㈤六▥刻磬塞劂こ呻磬nA▼ 一傥太夼⇑ 勿墠■ GynA▼ ┻ 剪屘取叹愿揲┼ 磬峎侺乙合剪屘噻劂ㄎ磬一愿太夼劉磬厒㈥傚太夼她屙ㄋㄎ⇑ 密└ 剪屘ゃ丹吃岡磬剪屘壛囊恺扉她ㄋ艸└ ゃ丹崕┻ 叼关劻嗓嗺〕デ孳磬kΩ姬剪屘太夼她伶學磬▼ ㊦剝寋傚太夼♂、 壛┓ 嵑凅中磬志剪屘こ匷┼ 復剝寋磬kℓ呀徥kΩ姬剪屘傻僊磬伉吵兑壛囊┤ 勍搵徥她噻劂└ 揹磬厒㈥)剪屘ㄧ │刜⇑

/,1 復傒匚唅

暨/暩傚嗺┣ 宦剪屘太夼忯乙扃壨徬傒喤匡扉彙懟ヨ忯乙磬吳太夼┻ . 乙磬/ 乙崟 1 乙磬怜呉剪屘僊⌋ 愿異太夼⇑ ┤ 異太夼呖 2 乙崟 4 乙磬5 乙崟 7 乙僊⌋ ┤ 扇太夼磬/. 乙┻ 太夼澤吳噱屙ㄋ⇑

暨0暩傚嗺┣ 宦剪屘壛囊恺扉暨扃壨壛囊恺扉扉彙懟ヨ忯乙暩⇑

暨1暩傚嗺┣ 宦剪屘勿墠叼哖磬嗚叼呖匚剪屘伉澤ㄷ勿墠nm磬夼剋澤ㄷ寰徼磬kℓ呀咢㉿壛┓ 嵑ㄗ关磬咕叼呖匚剪屘伉澤ㄷ勿墠nm磬夼剋澤ㄷ一愿磬♩呖ゅ偁㉿壛愿凡┓ 嵑ㄗ关磬吳叼呖匚伉勿墠nm夼剋噔咕澤ㄷ一愿⇑

暨2暩傚嗺┣ 宦剪屘勿墠均劂異⇑

/,2 寁忏悚吗

【壨 QNQQ04,. 愬● 寁忏妠デ同鹵磬【壨Y磬暨# 暩[× ┻ 忏扉悚吗磬㈜)吤啌摽忏同悚吗⇑ 【壨暨V⁰暩啌諂同鹵磬咤嗂娀媲┤ 扃壨歷暨χ¤ q暩彙婗忏扉悚吗⇑ 澤ㄷ家哖 N鄨. ,. 3磬二咕寁忏劂└ ⇑

2 结果

0,/ 傚嗺┣ 宦剪屘勿墠ㄟnm太夼忯乙

傚嗺復傒宦└ 傚埡宦太夼忯乙磬勿墠ㄟ吳呜帡儳写磬勿墠nm復傒宦乙同♫┘ 傚埡宦暨N鄨. ,. 3暩⇑

彙 / 傚嗺┣ 宦剪屘勿墠ㄟnm太夼忯乙暨χ¤ q暩

宦ㄟ	〕同	勿墠ㄟ	勿墠nm
復傒宦	22	2,67¤ . ,45	0,02¤ . ,1.
傚埡宦	22	2,63¤ . ,46	1,. 1¤ . ,27
R	+	. ,056	7,/ 0/
N	+	. ,560	鄨. ,. . /

0,0 傚嗺┣ 宦剪屘壛囊恺扉

傚嗺復傒宦└ 傚埡宦壛囊恺扉磬復傒宦処墠╥峎 6/,67¤ 7,45 乙⇐壛墠╥峎 62,02¤ 6,1. 乙⇐婚♂╥峎 63,27¤ 4,54 乙⇐愎⊡╥峎 66,27¤ 2,54 乙磬乙同优揮┘ 傚埡宦暨N鄨. ,. 3暩⇑

彙 0 傚嗺┣ 宦剪屘壛囊恺扉暨χ¤ q暩

宦ㄟ	〕同	処墠╥峎	壛墠╥峎	婚♂╥峎	愎⊡╥峎
復傒宦	22	6/,67¤ 7,45	62,02¤ 6,1.	63,27¤ 4,54	66,27¤ 2,54
傚埡宦	22	51,23¤ 7,16	54,. 1¤ 6,27	54,/. ¤ 4,65	55,/. ¤ 2,65
R	+	2,/ 34	2,365	4,240	/ /,. 73
N	+	鄨. ,. . /	鄨. ,. . /	鄨. ,. . /	鄨. ,. . /

0,1 傚嗺┣ 宦揟圢刜デ嵛垠剪屘勿墠叼哖

傚嗺復傒宦└ 傚埡宦刽咕叼塺磬復傒宦㈥)嗺揮┘ 傚埡宦暨N鄨. ,. 3暩⇑

彙 1 ┣ 宦剪屘勿墠叼哖Y暨# 暩[

宦ㄟ	〕同	呜叼	咕叼	吳叼	刽咕叼塺
復傒宦	22	/ 6&2. ,7/ '	03&&4,60'	/ &0,05'	21暨75,51暩
傚埡宦	22	/ 3&12,. 7'	0. &23,24'	7&0. ,23'	13暨57,33暩
V⁰	+	+	+	+	5,00/
N	+	+	+	+	. ,. . 5

0,2 傚嗺┣ 宦剪屘勿墠均劂異

慄慮┣ 宦剪屘勿墠均劂異磬復傒屘刽均劂異㈥)嗺揮┘ 傚埡宦暨N鄨. ,. 3暩⇑

彙 2 傚嗺┣ 宦剪屘勿墠均劂異Y暨# 暩[

宦ㄟ	〕同	施兑均劂	嗺慆均劂	┓ 均劂	刽均劂異
復傒宦	22	/ 6&2. ,7/ '	03&&4,60'	/ &0,05'	21暨75,51暩
傚埡宦	22	/ 3&12,. 7'	0/ &25,51'	6&6,/ 6'	14暨6/ ,60暩
V⁰	+	+	+	+	4,. 43
N	+	+	+	+	. ,. / 2

3 讨论

變搢圢デ嵛垠夼伶慶咢呉娩瞽僊╝ ╎ 嫊劔刜孳寔刜夬夼瞽┳ 徥堡凌┳ 勓惋僦デ嵛她偁デ嵛MW墇丅ぅ鬣刜デ嵛垠⇑ 匆尉懹乙デ嵛nA峎丅墇変冽瞽┤ 扇剝儿┓ ♂傝崠デ嵛ㄖ峎┤ 侮⇑ 倍刜┳ ┳ 徥她ㄉ夼■ 尳瞽ナㄉ夼啿瘞呖壳刜她 0,3 づ優cal瞽伉倍刜兡斃 2. 僖崟 4. 僖┻ 挽傃呋ㄉ夼瞽┳ 六失堳┳ 匆尉伉吹呲惀六呀♂丅墇デ嵛囊�┓ 埴囊她剽徯瞽懹乙匆尉♂偊伉デ嵛変冽瞽掃デ嵛失堳┻ 俠瞽懹乙匆尉慶♂丅墇ㄉ埆←變搢圢家嵛[18+4]⇑ 処峇ㄘ孽○○radㄊ処○○垠←処岌瞽厶堳ㄟ峯垠嫽失堳⇑ 伉啌呼掩嗯瞽nA▾ 扃壨凅ˋ 偕啌呼瞽┣ nA▾ 慄慮偳摽偷啌呼⇑ 啾鹵夼剝乙哑瞽nA▾ 傚嗔夬夼乙┳ 吹啗←┤ 啗丁周啗⇑ 吹啗┳ 匆尉デ嵛噔咕影婷伝瞽匆尉丅墇圾崃垠暻┤ 啗匆尉デ嵛影婷伝瞽kℓ呀慶咕垠失丅墇暻俏哖匆尉僊╝ 周啗瞽儿デ嵛家响♂影婷伝[15]⇑

太夼呖搢圢刜デ嵛垠她嫳┘ 失堳瞽伉匆尉夼剝ㄉ夼× 啗瞽太夼劉♂一卜瞽傚╝ 匆尉吵兑壩囊恺扉嫽优♂、 壩凅中⇑ 太夼♂志匆尉劉ㄘ匹┓ 剿击劉徯瞽太夼她一卜┣ ♂傝崠匆尉処剝㊉勲瞽壯╝ 匆尉ㄘ匹央夼勸嫉瞽固一太夼劉傲♂傝崠匆尉壩囊恺扉捻♫[16]⇑ ♩呖嗔夬夼吳噱噤圖瞽戚峎密└ 匆尉咕叼勿墠瞽志匆尉傚夬夼她忒婭媝異厏(E)瞽動峎ぇ【匆尉她壩囊恺扉澤ㄖ厏(E)⇑ 密└ 匆尉処墠勿墠瞽峎侍志匆尉別劇←匍凹←剛復嫽処墠堳分澤ㄖ寰徼⇑ kℓ呀愬彐処墠勿墠瞽┗ 匆尉╬ 処瞽偮乙デ噻匆尉処墠ㄘ艸瞽┳ 匆尉ㄇ偯咕叼她処墠夏傝瞽nA▾ 寰徼匆尉処┤ ㊉ㄊ瞽厏(E)匆尉壩囊恺扉瞽伉咤嗂娀媲┤ 瞽傚嗺復傒宦└ 傚埡宦壩囊恺扉瞽復傒宦処墠ㄖ峎 6/,67¤ 7,45乙←壩墠ㄖ峎 62,02¤ 6,1. 乙←婚♂ㄖ峎 63,27¤ 4,54乙←慡⊡ㄖ峎 66,27¤ 2,54乙瞽乙同优撣╝ 傚埡宦暨N暽. ,. 3暩⇑ 慄慮密└ 匆尉密巡勿墠瞽匸傝匆尉μℓ墠壨巡瞽ナ┤ ○○radㄊ壨巡她嫽變▾ ㊦忏扉瞽峎侍懇シ匆尉伉壨巡掩嗯ㄉ夼壩ㄣ[ア]关⇑ kℓ呀壨巡勿墠nA▾ 寰徼匆尉太夼瞽志匆尉伉龠ㄟ咘壨岬敓崃こ勿ㄠ瞽峎侍懇シ匆尉岬岕憺丅墇┓ 慘劉⇑ 壯╝ 匆尉、壩夬夼┻ nm瞽┓ ▌ ㄘ匹央夼勸嫉瞽kℓ呀慶咕卜垹太夼劉瞽伶嗔匆尉伉ノ夼慮媝┤ 瞽╎ 吶ㄉ墇僞ь她墆侁、 壩仙揲丁冱サ瞽傲♂侈一太夼劉瞽kℓ呀┣ ♂咕咍一垂愝她┓ 嵑剝寋、 壩瞽勍▾ 密└ 匆尉嵑俍崭慘她僞ь墆侁瞽傚匆尉二咕扇徥× 壨瞽峎侍志匆尉太夼劉寰徼瞽処剝こ匯崭壹⇑ 伉咤嗂娀媲┤ 瞽復傒宦太夼乙同♫╝ 傚埡宦瞽刎均劂異└ 刨咕叼塺㈱嗺优撣╝ 傚埡宦暨N暽. ,. 3暩⇑

寬┐ 勍憇暺扃壨太夼勿墠吤巨勿墠變搢圢デ嵛垠匆尉瞽峎侍号亂匆尉壩囊恺扉厏(E)瞽匆尉均劂異丁咕叼塺瞽へ澤伉┳ 六┤ 即全⇑

参考文献:

[1] 冞巩,太夼勿墠傚變搢圢デ嵛垠匆尉壩囊恺扉凅中[H],堡ㄩゃ冉*0.0/*...&10'80 36,

[2] log吐倜,太夼勿墠傚變搢圢デ嵛垠匆尉壩囊恺扉她凅中乙哑[H],冶▸┳ 六(ㄖ)歹*0.0/*12&4'85 4+55,

[1] 俵揭唷,┤ ⊡艸太夼勿墠傚變搢圢デ嵛垠匆尉太夼媝異㊦処墠堳分她凅中[H],ゃ冉侧徬扈*0.0/*...&1'8 40+/41,

[2] 唼安塻,卹媲┤ ⊡艸太夼勿墠傚變搢圢デ嵛垠匆尉太夼媝異㊦処墠堳分她凅中[H],傻咕偈偲*0.0/*1&4'8 24,

[3] 塼└*塼塻偩,太夼勿墠傚變搢圢デ嵛垠匆尉她关壨叼哖㊦姃妮恺扉忯乙凅中忯◐ [H],ゃ冉侧徬扈*0.0/*...&4'8 0.0,

[4] 咳揑,太夼勿墠傚變搢圢デ嵛垠匆尉壩囊恺扉她凅中[H],傻冀壩囊匸(ㄊ)*0.0/*15&1'8 75+76,

[5] 咿份墠*冉《巾*nV嵼,太夼勿墠傚變搢圢デ嵛垠匆尉太夼失堳㊦壩囊恺扉她凅中[H],ゃ冉倍刜*0.0/*...&06'8024+025,

[6] 嗂▉ 咋墑,太夼勿墠傚變搢圢デ嵛垠匆尉太夼失堳丁壩囊恺扉她凅中[H],ゃ冉倍刜*0.0/*...&5'8027,