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个性化疼痛护理对风湿免疫性疾病患者疼痛程度的影响

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【摘 要】：目的：卹媲┤ 剃卄太夼勿墠傚搢圢シ瓮剃夬夼芻屘太夼媝鼻她凅中⇑ 方法：憔ｸﾗ(ㅂ)掂 2021 兡 1 咔-2022 兡 5 咔回噤她 86 〕搢圢シ瓮剃夬夼芻屘┳ 娀媲傚恥謺倔ナ掀咪乙┳ 娀媲宦▾ ㊦傚埡宦謺㎓ 43 〕謺傚埡宦扃壨兑循勿墠謺娀媲宦扃壨┤ 剃卄太夼勿墠謺傚嗺┣ 宦太夼剝儿暨VAS 忯乙暩←剝寋堳分暨SAS 忯乙謺SDS 忯乙暩←攉囊恺扉暨SF-36 忯乙暩勿墠均劂鼻⇑ 结果：娀媲宦芻屘 SAS 忯乙←SDS 忯乙←VAS 忯乙♫╝ 傚埡宦暨P瞥0.05暩暻娀媲宦处墠堳分←攉墠ㄇ峎←婚♂剝儿←愧兟嚶狣忯乙优撣╝ 傚埡宦暨P瞥0.05暩暻娀媲宦勿墠均劂鼻 93.02%撣╝ 傚埡宦 74.42%暨P瞥0.05暩⇑ 结论：搢圢シ瓮剃夬夼芻屘┳ 六噤夔慮婺┤ 偳否┤ 剃卄太夼勿墠謺峎侺咕叼号亂芻屘咪⊡太夼剝儿謺一傥芻屘┓ 嵑剝寋謺厒撣芻屘攉囊恺扉謺へ澤伉┳ 六kℓ夼〕芻屘┤ 勿墠即全⇑

【关键词】：┤ 剃卄太夼勿墠暻搢圢シ瓮剃夬夼暻太夼暻攉囊恺扉

Effect of Personalized Pain Nursing on Pain Degree of Patients with Rheumatic Immune Diseases

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Abstract: Objective: To explore the effect of personalized pain nursing on the pain degree of patients with rheumatic immune diseases. Methods: A total of 86 patients with rheumatic immune diseases admitted to the hospital from January 2021 to May 2022 were selected as the research objects and randomly divided into the study group and the control group, 43 cases in each group. The control group received routine nursing, while the study group received personalized pain nursing. The pain situation (VAS score) and emotional state (SAS score, respectively) of the two groups were compared. SDS score), quality of life (SF-36 score), nursing satisfaction. Results: The SAS score, SDS score and VAS score of the study group were lower than those of the control group (P<0.05). The scores of mental state, physiological function, social condition and trunk level in the study group were higher than those in the control group (P<0.05). The nursing satisfaction of the study group was 93.02% higher than that of the control group 74.42% (P<0.05). Conclusion: The implementation of personalized pain nursing in the clinical treatment of patients with rheumatic immune diseases can effectively improve the body pain of patients, reduce patients' bad emotions, improve the quality of life of patients, which is worthy of nursing promotion in clinical patients with the same case.

Keywords: Personalized pain care; Rheumatic immune diseases; Pain; Quality of life

搢圢シ瓮剃夬夼× ┳ ピ嬋兑徨夬夼謺夬夼嫁孌慆偁〕俏搢圢謺〕俏孌搢圢剃デ嵛垠謺冱晏剃峒哤垠謺孳寁剃安吔塔夠謺撓デ嵛垠謺夼搢▾ ㊦㊥㌍剃兟埻寬μℓ凌嫽ᵛᶦ⇑ 夬夼㌍攉傚咪⊡偁峟仗偁孳寁优、攉┤ 扇凅中謺ナ┤ 呱呉呜她失堳儿呖太夼謺┤ 扇凅中芻屘攉囊恺扉謺伶嗔搖徥媔哌—冱デ╝ 搢圢シ瓮剃夬夼┳ 六太夼勿墠儩× ᵛᵒᶦ⇑ 兑循勿墠僥嬝峎侺伉佢娘┐ 寰徼芻屘太夼謺♩勿墠ピ傃嚨呜謺勿墠囡異尔┼ 謺伶嗔勿墠叼哖兢┓ 呉呜⇑┤ 剃卄太夼勿墠呖┳ 六┤ 太夼勿墠┤ 慆┻ 扇徥她勿墠吤窇謺勿墠吤窇咍—二咕┤ 剃卄←寬μℓ剃謺峎侺佢╝ 芻屘偳捻夼剝堡垱▾ ㊦攉墠处墠堳┻ 芻屘扃ｸﾗ扚傚剃她太夼号亂卿否謺咕叼一傥芻屘夬夼噤夔慮婺┤ 壯╝ 太夼、攉她┓ 嵑剝寋謺 │后⊡┐ 厒撣芻屘攉囊恺扉ᵛᶦ⇑ 娀媲宙夕(ㅂ)掂 0. 0/ 兡 / 咔+0. 00 兡 3 咔叵噤她 64 〕搢圢シ瓮剃夬夼芻屘┳ 娀媲傚恥謺復傒┤ 剃卄太夼勿墠她┳ 六nA偳否剃◐ へ⇑

1 资料与方法

/,/ ┳ 六悚吗

憔ｸﾗ(ㅂ)掂 0. 0/ 兡 / 咔+0. 00 兡 3 咔叵噤她 64 〕搢圢シ瓮剃夬夼芻屘┳ 娀媲傚恥謺倔ナ掀咪乙┳ 娀媲宦▾ ㊦傚埡宦謺㎓ 21 〕⇑ 傚埡宦壳 02 〕謺倍 /7 〕謺兡斃 03+52 僖謺峗优兡斃暨26,37¤ 2,04暩喜謺夼婺 / +3 兡謺峗优夼婺暨1,/ 3¤ /,03暩兡謺夼剝暺孌搢圢剃デ嵛垠-冱晏剃峒哤垠-孳寁剃安吔塔夠-撓デ嵛垠-夼搢 / . -4-6-6-/ / 暻娀媲宦壳 01 〕謺倍 0. 〕謺兡斃 04+53 僖謺峗优兡斃暨26,4. ¤ 2,1. 暩僖謺夼婺 / +4 兡謺峗优夼婺暨1,0. ¤ /,06暩兡謺夼剝暺孌搢圢剃デ嵛垠-冱晏剃峒哤垠-孳寁剃安吔塔夠-撓デ嵛垠-夼搢 / . -6-/ . -6-5⇑ 傚嗺┣ 宦┳ 六悚吗謺咢徨寁忏偕劂┻ 暨N暾. ,. 3暩謺二咕nA嗺剃⇑ 娀媲寀(ㅂ)偕❀墠俱Gy♂kℓ劂⇑ ㊣└ 芻屘▾ ㊦傻僊傚娀媲ピ傃姬剝謺嬓尧姬剝kℓ劂╟ ⇑

/,0 吟噱

傚埡宦扃壨兌循勿墠⇑ 勿墠慮媝┥ 偵ど デ噻剪尉壩墠匸啥ᵗᶜ艸剥ル暻剪尉丁墇┓ 嵑剥ル㊦呀┐ 匀㈤壩┳ 剪尉僈冗噤夔暻め俍剪尉傷ｂ夼勸墆侁勿墠磸こ忤剪尉夼勸墆侁兟埻⇐后嚌⇐慄搢磸【剪尉峎侇崭憯傷ｂ暻壨ᶜᶠ侯ゃ丹姬忱忞徼磸┳ 剪尉怜呉夬夼噤夔慮媝┥ 她妠デ噻劂╚ 揹磸〕俏撙搫噻劂磸壩囊噻劂▾ ㊦巡堜关壨噻劂嫽磸侈冱剪尉夬夼忒姬磸阨撣剪尉夬夼噤夔媔哌刜└ ㈥ │刜⇑

娀媲宦扃壨┥ 刜艸太夼勿墠磸┳ 徥ピ傃ºº匪▾ ┐ 攵懹ど暺暨/暩励嬓太夼勿墠俄宦⇑ 俄宦宦抄壯勿侒抄匍◑ 磸宦Gy壯└ 娵勿侒匍◑ ⇑ 伉┳ 剪尉冗僈太夼勿墠匸傝ㄟ磸撑ゴ搤徥壯搢圢シ瓮刜夬夼└ 傻┳ 剪尉忞徼太夼ｶﾛ壩㊉伶▾ ㊦怙ｶﾛ太夼她伶學磸怜呉俏⚁懘彐太夼噤夔磸▾ ㊦噤夔慮媝┥ 俏⚁懘彐勿墠⇑ 扚傚俄宦励Gy懘彐太夼勿墠妠デ勴峎佡忛磸【ナ寬μℓ刜危厖太夼勿墠她ピ傃⇑ 暨0暩撙搫匸傝⇑ ㈥ 鹵剪尉偳捻夼剥┳ 剪尉ｺ偯嗓娊她撙搫忤磸撙搫┥ 搤徥噻扇孨變磸妃ど▾ ㊦峏岛她厹タ磸兢┘ pA仆剪尉伉吵兌壩囊┥ 乂╥ 搫堜♂一扇夼剥磸囁擔磸乏戔嫽磸傚一扇夼剥搫堜搤徥懇シ【壨磸伉撙搫慮媝┥ 吴搤徥こ忤啡堜她偁グ艸磸均惋剪尉嗓兌咪⚁▸悻帨ノ搤嘪磸kℓ呀厖揮剪尉咪⚁包勷ｺ磸侈冱剪尉太夼屜ᵗᶜ刜⇑ 暨1暩処墠勿墠⇑ 扃壨剥寋冢傝噱磸嗓cm垮㎜噱┳ 剪尉冗僈勿墠儩× 磸扚傚剪尉写兌剥寋ｶﾛ壩她㊉伶㊦呀懘彐徼リ磸一傀壯┘ ┓ 嵑剥寋憤励剪尉太夼一扇⇑ ┳ 剪尉丈└ 励ㅠ噤夔唤〕【ナ峎侇▾ 嗓娊処分揖傚噤夔⇑ 暨2暩太夼勿墠⇑ ㈥ 鹵剪尉太夼剥ル┳ 剪尉憔匦┥ kℓ她勿墠吟唤磸俏哖剪尉太夼nA屜ᵗᶜnA▾ 慄慮揲┼ 夔噱磸叹唷夔噱▾ ㊦愰媗噻劂ｺ吟噱懘彐勿墠磸┳ 剪尉取叹亍嗃她揲┼ 磸匸傝剪尉囹鱸mV磸懘彐岌岊叹唷⇐慄慮劉卜惉怆搔╬ 嚦⇑ 傚太夼┥ 屜ᵗᶜ剪尉猛媔哌┳ 剪尉懘彐巡堜按夼磸壨巡慮媝┥ 偵ど復傒剪尉剥ルー傀┥ 嵑ｱﾙ⁻关⇑

/,1 復傒匸啥

暨/暩傚嗟┣ 宦太夼剥ル⇐剥寋堳分

扃壨 T? Q忯ど ㄱ偯暉均ど /. ど磸ど同揮♫└ 剪尉太夼媝奠励嗓嗟⇑

扃壨 Q? Q忯ど磸QBQ忯ど ㄱ偯磸均ど 6. ど磸ど ᶜᶻ▾ 31ど磸3. ど┳ 壼磸ど同揮♫└ 剪尉剥寋堳分励ｱﾙ⁻嗟⇑

暨0暩傚嗟┣ 宦壩囊恺扉

扃壨 QD+14 ㄱ偯磸ºº匪処墠堳分⇐壩墠ㅠ峎⇐婚♂剥ル⇐愧兟嚶挑磸GHz寔奠 /. . ど磸ど同揮♫└ 剪尉壩囊恺扉励嗓嗟⇑

暨1暩傚嗟┣ 宦勿墠均劂奠

壯㈤掂崕ｺ均劂奠怫呼掷㊡磸掷㊡均ど /. . ど磸ど┳ 均劂磸慆均劂磸┓ 均劂⇑ 均劂奠; /+┓ 均劂奠⇑

/,2 寔忏偕ど哑

扃壨寔忏偕 QNQQ′7,. 愚● 傚叵揚同鹵懘彐侚墠⇑忏扉同鹵▾ 暨 $\bar{x}$ ¤ q暩彙婗磸r啌摽暻忏同悚吗▾ 暨l ⁴# 暩彙婗磸: ⁰啌摽⇑ 寔忏偕劂╚ ▾ 暨N暨. ,. 3暩彙婗⇑

2 结果

0,/ ┣ 宦太夼剥ル⇐剥寋堳分嗟慆

娀媲宦剪尉 Q? Q忯ど⇐QBQ忯ど⇐T? Q忯ど♫╝ 傚埡宦暨N暨. ,. 3暩⇑

彙 / ┣ 宦太夼剥ル⇐剥寋堳分嗟慆暨 x ¤ q暩

宦ᶜᶻ	Q? Q忯ど		QBQ忯ど		T? Q忯ど	
	勿墠ㅈ	勿墠nm	勿墠ㅈ	勿墠nm	勿墠ㅈ	勿墠nm
傚埡宦暨l ; 21暩	36,5/¤ 1,/5	26,06¤ 0,53	31,70 ¤ 1,04	23,67 ¤ 1,01	3,23 ¤ . ,67	2,0/ ¤ . ,2/
娀媲宦暨l ; 21暩	37,0. ¤ 1,06	1. ,04¤ 0,//	32,04 ¤ 1,2/	07,27 ¤ 0,27	3,22 ¤ . ,63	0,06 ¤ . ,2/
r	. ,5. 2	12,. 7/	. ,251	04,14 7	. ,. 31	0/,60 5
N	. ,261	暩. ,. . /	. ,416	暩 . ,. . /	. ,736	暩 . ,. . /

0,0 ┣ 宦壩囊恺扉嗟慆

娀媲宦処墠堳分⇐壩墠ㅠ峎⇐婚♂剥ル⇐愧兟嚶挑恜ど优揮╝ 傚埡宦暨N暨. ,. 3暩⇑

彙 0 ┣ 宦壩囊恺扉嗟慆暨 x ¤ q暩

宦ᶜᶻ	処墠堳分	壩墠ㅠ峎	婚♂剥ル	愧兟嚶挑
傚埡宦暨l ; 21暩	43,. 5¤ 2,43	45,04¤ 3,16	41,3/¤ 3,/1	44,/2¤ 4,34
娀媲宦暨l ; 21暩	57,06¤ 2,14	6. ,/7¤ 2,32	60,15¤ 2,06	61,14¤ 2,3/
r	/2,4/6	/0,. 22	/6,3//	/2,/62
N	暩. ,. . /	暩. ,. . /	暩. ,. . /	暩. ,. . /

0,1 ┣ 宦勿墠均劂奠嗟慆

娀媲宦勿墠均劂奠 71,. 0# 揮╝ 傚埡宦 52,20#暨N暨. ,. 3暩⇑

彙 1 ┣ 宦勿墠均劂奠嗟慆暨# 暩

宦ᶜᶻ	均劂	慆均劂	┓ 均劂	剖均劂
傚埡宦暨l ; 21暩	/18I. ,01'	/78&22,/7'	//8&03,36'	108&52,20'
娀媲宦暨l ; 21暩	/58&17,31'	018&31,27'	18&4,76'	2. 8&71,. 0'
: ⁰	+	+	+	3,24.
N	+	+	+	. ,. /7

3 结论

■◆ 撵搫┼ 剴翳攉囊┼ 剴勹攉ㄘ卅翳傝崠搢圢シ瓮刜夬夼勹攉同扉憙圁侈—翳屙┘ 勃份屔斃卅情ㄨ—扇呉呜翳咍—侈—╗ 夬夼勹攉塺翳└ 芻屘拶咱攉囊伉瓠圢搢口墆侁偊伉扇徥デ屾⇑ 夬夼勹攉nm呱ヌ伻她失堳┳ 太夼翳俏哖┓ 峎㊦呀┳ 芻屘冗僈咕扚傚刜按夼噤夔翳哌呋傝崠芻屘丅墇偁嫀兢勹失翳凅中芻屘慡⊡ゃ丹翳捻♫芻屘攉囊恇扉⁽⁾⇑ ┬ 六┤ 扚傚搢圢シ瓮刜夬夼太夼憟兑▾ 巡堜按夼甍彐兟揯翳儉嬝峎侍伉┆ 偯媝異┐ 寰徼芻屘太夼翳♩呖巡堜关壨二咕ㄧ悪刜翳拶咱哖壨呋憤励ナ▥ ゃ丹宦宪ㄘ卍凅中翳傮ナ扚傚岧峇ㄒ峎卞偾┤ 扇翳扚傚慷嫀剝ル搤徥媔哌扃ㄍ咕扚傚刜她勿墠卿否翳厒撣芻屘噤夔ㄧ │刜翳兎ㄩ芻屘哈俍哈击伐偳墇夬夼揯nm⁽⁾⇑

┤ 刜卄太夼勿墠呖芻屘夬夼噤夔慮媝┤ 扇徥她勿墠宦励翳怎嫀勿墠卿否▾ 太夼勿墠┳ 佢娘翳峎侍家μℓ芻屘偳捻夼剝翳〕俏剝寋堳分翳処墠堡埐翳夼剝┤ 扇剝ル翳咕扚傚刜伐┻ 芻屘扃ㄍ太夼号亂咘┤⁽⁾⇑ 峎侍均惋芻屘勿墠搤嘪kℓ呀慶nA▾ 扚傚芻屘┓ 嵑剝寋翳攉囊堳分翳咪⊡ㄒ峎甍彐号亂翳哈—嫠μℓ墇▸ 卄┬ 六勿墠徥嘪⁽⁾⇑ 乙哑嗔嗂娀媲家哖翳勹墇娀媲太夼剝ル翳埔庬剝寋⇐勲懧剝寋呉呜♫┘ 傚埡宦⇑ 乙哑㊀伶翳┤ 刜卄太夼勿墠慮媝┤ ㄧ鹵芻屘太夼呖kPa屜ㄘ┻ 芻屘憔匪娪偕她勿墠卿否暻kℓ呀伉勿墠慮媝┤ 扚傚剝寋甍彐夏傝翳媔哌┻ 芻屘忞徼太夼勹攉㊀伶翳怙傝咪ㄱ▾ ㊦噤夔吟噱丠勿墠噻劂└ 揹翳pA仆芻屘伉吵兑搫搫┤ 翳乂╦ 搫堜nA▾ MHz翳乂╦ 搫堜傀MHz翳僥扉懇シ【壨—扇太夼她搫堜⇑ 媔哌敳㎲芻屘脩劗芻屘翳【芻屘冔嬓夬夼噤夔ざ処⇑ 屙┘ 傚嗺├ 宦芻屘攉囊恇扉忯子翳勹墇娀媲宦芻屘攉墠堳分翳処墠堳分翳愧兟嚶兣翳婚♂剝儿嫽寔異忯乙优揮┗ 傚埡宦翳乙哑㊀伶⇑ ┤ 刜卄太夼勿墠慮媝┤ 她┤ 刜卄扇埐▾ 芻屘┻ 呰処翳勿墠┤ ㄧ鹵芻屘夼剝堡埐翳吐卄媝異┻ 芻屘冗僈ゃ丹吃岡翳慄慮ゃ丹吃岡宇嗓芻屘拡怗太夼翳【芻屘丅墇太夼呀㊦呀kΩ姬㈱攉翳兢┘ 扃ㄍ咕叼按夼⇑ 傚嗺├ 宦芻屘勿墠均劂忯◐ 翳娀媲宦咤嗂勿墠咘┤她均劂忯◐ 咍揮翳怜呉┤ 刜妠慆┗ 兑循勿墠咍峎志芻屘卻ㄘ翳兢┘ 傚ナピ傃咕慆揮忯◐ ⇑ 冞娀娀翳揝┻ ┻ ⁽⁾伉匀憺┤ 傚搢圢刜夬夼芻屘┤ 刜卄太夼勿墠偳否◐ へ甍彐娀媲⇑ 娀媲勹墇扃壨┤ 刜卄太夼勿墠芻屘 T？Q忯乙呉呜♫┗ 兑循勿墠芻屘翳屙┘ 芻屘埔庬剝寋▾ ㊦勲懧剝寋挑乙kℓ哇♫┗ 兑循勿墠芻屘⇑ 勿墠刨均劂異┤ 刜卄勿墠芻屘揮┗ 兑循勿墠芻屘翳慷┆ 娀媲家哖└ 咤嗂乙娀媲家哖二咕┆ 崠刜翳忄偳┓ 太夼勿墠峎侍咕叼号亂搢圢シ瓮夬夼芻屘太夼剝儿翳傚芻屘揯nm咕扇徥媔哌× 壨⇑

寬┐ 勍憇翳搢圢シ瓮刜夬夼伉┬ 六┤ 二咕偁勹刜翳傚芻屘吵兑儩× ▾ ㊦攉囊憤劤扇徥凅中翳偳否┤ 刜卄太夼翳峎侍咕叼一傥芻屘太夼媝異翳号亂芻屘┓ 嵑剝寋翳厒撣芻屘攉囊恇扉翳へ澤伉┬ 六┤ 即全⇑

参考文献：

⅟[咿呒培*咿唾ゾ*捷净憃*狭嗃*咳kℓ吖,┤ 刜卄太夼勿墠傚搢圢シ瓮刜夬夼芻屘太夼媝異她凅中⅟Ⅰ,健㎀份捨㈱偕咭凰*0. 0/*20&3'8171+174,

⅟0[忤墻偲*媝墯*塼匚個,┤ 刜卄勿墠伉搢圢シ瓮刜夬夼芻屘【壨垈學咱挽她叼哖⅟Ⅰ,┤ 侠㈱偕娀媲*0. 0. *6 &6'8 73+75,

⅟1[捷┻ ,佢┗ 攉堜+処墠+婚♂她勿墠喤窅兟揯傚夼搢刜デ嵛垠芻屘关傚吤窅㊦デ嵛囊ㄩ異她凅中⅟Ⅰ,份捻勿墠偕咭凰*0. 0/*2. &6'8157+1160,

⅟2[塼ㄖ,┤ ⊡卄太夼勿墠傚孌搢圢デ嵛垠芻屘太夼媝異㊦処墠堳分她凅中⅟Ⅰ,劒刜夼偕咭凰*0. 0. *0/&5'8. 0/+/. 01,

⅟3[塼—偬,孤寀卄勿墠伉搢圢シ瓮刜夬夼芻屘┤ 她叼哖乙哑⅟Ⅰ,僖├ ㈱偕撣嫽└ 娪偕哂偕匀*0. 0. *20&1'8 50+/51,

⅟4[尜捏*怍呣垦*呋匚*⊡冗log*捷怨咔,搢圢シ瓮刜夬夼芻屘嗓恶刜剝寋墠堳㊦凅中伶學乙哑⅟Ⅰ,敾擄勿墠咭凰*0. 0. * 04&/'82. +20,

⅟5[关ㄴ件*㎠冼,┤ 刜卄勿墠筑揯傚周咱岤窬芻屘太夼㊦攉囊恇扉她凅中⅟Ⅰ,┤ ㈱岨奚捨噤咭凰*0. 0. *05&Q/'800.) 000,

⅟6[冞娀娀*揉┻ ┻ ,┤ 刜卄太夼勿墠傚搢圢シ瓮刜夬夼芻屘太夼媝異她凅中復傒⅟Ⅰ,┬ 六娀媲*0. 0/*07&3'8 75+/76,