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系统护理干预对类风湿关节炎患者心理障碍及生活质量的影响

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【摘　要】：目的：卹媲孳寁勿墠兟揯傚孌搢圢デ嵛垠剺尉处墠掙娭㊦攉囊恺扉她凅中⇑ 方法：憔ᶜᵍᵣ勒掂 2020 兡 8 咔-2021 兡 8 咔叵噤她 78 〕孌搢圢デ嵛垠剺尉× ┳ 娀媲傚恥罄区埡掫咪寬μℓ挑录噱乙宦乙┳ 傚埡宦暨39 〕暩└ 復傒宦暨39 〕暩罄傚埡宦扃壨兑循勿墠吤噱罄復傒宦扃壨孳寁勿墠兟揯吤噱⇑ 嗺慆┣ 宦剺尉处墠堳分⇐攉囊恺扉㊦勿墠均劂鼻⇑ 结果：傚嗺┣ 宦剺尉处墠掙娭罄兟揯ㄨ┣ 宦剺尉埔庬 SAS⇐勲懧 SDS 忯乙吳呜帡儳写罄兟揯nm罄復傒宦剺尉 SAS 忯乙⇐SDS 忯乙优♫╝ 傚埡宦暨P瞥0.05暩暻傚嗺┣ 宦剺尉攉囊恺扉罄兟揯ㄨ┣ 宦剺尉 SF-36 忯乙吳呜帡儳写罄兟揯nm罄復傒宦 SF-36 忯乙撣╝ 傚埡宦暨P瞥0.05暩暻兟揯nm罄復傒宦剺尉勿墠均劂鼻呜帡撣╝ 傚埡宦暨P瞥0.05暩⇑ 结论：伉孌搢圢デ嵛垠剺尉勿墠┥ 偳否孳寁勿墠兟揯nA号亂剺尉处墠堳分罄阨撣剺尉攉囊恺扉罄兢阨撣剺尉均劂鼻罄へ澤即全偳否⇑

【关键词】：孳寁勿墠暻孌搢圢デ嵛垠暻处墠掙娭暻攉囊恺扉暻凅中

Effect of Systematic Nursing Intervention on Mental Disorder and Quality of Life in Patients with Rheumatoid Arthritis

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Abstract: Objective: To explore the effect of systematic nursing intervention on psychological disorder and quality of life in patients with rheumatoid arthritis. Methods: A total of 78 patients with rheumatoid arthritis admitted to our hospital from August 2020 to August 2021 were selected as the research objects. According to the random comprehensive balance method, they were divided into the control group (39 cases) and the observation group (39 cases). The psychological state, quality of life and nursing satisfaction were compared between the two groups. Results: The psychological disorders of the two groups were compared. Before intervention, there was no significant difference in the scores of anxiety SAS and depression SDS between the two groups. After intervention, the scores of SAS and SDS of the observation group were lower than those of the control group (P < 0.05). The quality of life of the two groups was compared. Before intervention, the SF-36 score of the two groups had no significant difference, but after intervention, the SF-36 score of the observation group was higher than that of the control group (P < 0.05). After intervention, the nursing satisfaction of the observation group was significantly higher than that of the control group (P < 0.05). Conclusion: The implementation of systematic nursing intervention in the nursing of patients with rheumatoid arthritis can improve the psychological state of patients, improve the quality of life of patients, and improve the satisfaction of patients, which is worthy of promotion and implementation.

Keywords: Systematic nursing; Rheumatoid arthritis; Mental disorder; Quality of life; Effect

孌搢圢デ嵛垠呖┆ 嫊兑徨她偁孳寁刜崕慡シ瓮刜夬夼罄怎夬夼她┳ 徥夼ᶜᵉᵑ堡凌┳ デ嵛圾崋垠罄兢┘ ♂◇掫┓ kℓ媝異她デ嵛㊦デ嵛log佯宦宪垠失罄剺尉她┳ 六失堳彙墇∞匡仭岗慹嫚儀デ嵛侚丅墇岨岩⇐抓安⇐太夼㊦ウ娥墇恥嫽罄二咕慆撣噤圖採異罄兢┘ 呋ᶜᶻ⁻侜ᶜᶻᴱ× 罄傚剺尉岗⊡ㄒ峎nA、 攉慆側凅中罄兢【剺尉她吵兑攉囊峎ㄎ捻♫罄┤ 扇凅中剺尉攉囊恺扉ᵛᶠ⇑ ᶜᵉᵑ匹夬夼凅中罄剺尉♂、 攉冱垹她太夼劉罄兢【剺尉、 攉┤ 扇她处墠掙娭罄惻懹乙剺尉♂偊伉埔庬⇐勲懧她剝寋罄屙┤ 扇她处墠掙娭♂【剺尉夼剝—扇罄兢傚剺尉噤夔㊦揯nm二咕慆側凅中⇑ 剺尉搳徥伉噤夔她佢娘┐ 罄—冱勿墠罄兢扃ᶜᵍᵣ咕叼她勿墠咘┤罄厊(ᴱ)剺尉ゃ丹嚶挑ᵛᵒᶜ⇑ 佢╝ 嗔罄咤吐娀媲▾ 56 〕孌搢圢デ嵛垠剺尉┳ 娀媲復傒傚恥暨0. 0. 兡 6 咔+0. 0/ 兡 6 咔暩罄劂伉乙哑孳寁勿墠兟揯傚孌搢圢デ嵛垠剺尉处墠掙娭㊦攉囊恺扉她凅中罄二⊡匀kΩ┐ 憩⇑

1 资料与方法

/,/ ┆ 崹悚吗

娀媲憔ᶜᵍᵣ勒掂叵噤她孌搢圢デ嵛垠剺尉テ 56 〕罄叵噤呀挽暨0. 0. 兡 6 咔+0. 0/ 兡 6 咔暩罄傲剺尉扃ᶜᵍᵣ掫咪寬μℓ挑录噱她吤巨乙宦乙┳ 復傒宦└ 傚埡宦⇑ ナ┥ 傚埡宦 17 〕罄

ナ┤ 売剃匊尉┳ 00 〕磐借剃匊尉┳ /5 〕磐ナ葙斃揚┤ 伉 07+5. 僖┻ 挽磐优へ暨25,04¤ /,23暻僖暻夼婺 /+5 葙磐挑优暨2,54¤ /,/3暻葙⇑ 復傒宦 17 〕磐ナ┤ 売剃匊尉┳ 0/ 〕磐借剃匊尉┳ /6 〕磐ナ葙斃揚┤ 伉 1. +47 僖┻ 挽磐优へ暨25,06¤ /,25暻僖暻夼婺 /+6 葙磐挑优暨2,56¤ /,/5暻葙⇑ 宦挽同鹵傚嗺吳寁忏偕儳写暨N暾. ,. 3暻磐nA嗺⇑

/,0 吤噱

傚埡宦暺密╚ 兑循勿墠兟揯⇑ —冱傚匊尉妒諙磐兢傚匊尉甍彐ゃ丹吃岡磐忞憇夬夼妠デ姬忱㊦勿墠噻劂╙ 揹磐兢傚匊尉甍彐壨巡匚傝磐厒㈠匊尉壨巡偑ダ剃⇑

復傒宦暺密╚ 孳寁勿墠兟揯⇑ 暨/暻壨巡匚傝暺啾鹵匊尉她壨巡徥嘪┳ 匊尉ㄱ偯嗓姷嬋偕她咘巡呀挽彙磐kℓ呀ㅇㅇ匪兑壨搢圢巡埬【壨怜呉磐傚匊尉她壨巡彐┳ 甍彐妒姅└ 匚傝磐【匊尉区循凔㊦区嚦媝壨巡磐厒㈠匊尉壨巡偑ダ剃└ ン姷剃磐傚匊尉忞憇GHz嫀巡埬nA峎、 攉她┓ 嵑ㄗ⁻关磐兢┳ 匊尉忞憇┓ 嵑ㄗ⁻关二⊡彙墇磐厒㈠匊尉㊦傻僊她噻劂ㄱ磐【匊尉丁墇写兑墇恥nm㊦呀kΩ姬㈤攉甍彐侚墠■ Gy猛徥傚匊尉她壨巡彐┳ 甍彐ㄩ分忯♠磐兢家μℓ匊尉她噤夔叼哖傚匊尉她壨巡ㄐ扉甍彐咕叼怫后磐懇シ匊尉叠崕侈ー巡扉⇑ 暨0暻撵搫匚傝暺傚匊尉甍彐撵搫匚傝磐家μℓ匊尉她偳捻剝儿傚匊尉厒丨 嫇偕她撵搫吤唤└ 撵搫忏ㄢ磐匊尉撵搫┤ 猛徥ㅇㅇ匪傌radsㄨ 寔攉學←廛奶恺㊦♫峏岛變她搫埬磐兢懇シ匊尉搫壨憨愖ㄷ坑她搫埬磐娊こ匊尉帨ノ优录⇑ 暨1暻処墠勿墠暺勿墠■ Gy猛徥傚匊尉她偳捻剝儿甍彐忯♠磐—冱└ 匊尉她噓慄磐兢┐ 徼匊尉処墠堳分磐傚匊尉厒丨扚傚剃她処墠夏傝磐—冱傚匊尉她噓慄磐兢┳ 匊尉忞憇夬夼妠デ姬忱磐厒㈠匊尉她忒姬⇑ 勿墠■ Gy┳ 匊尉厒丨処墠史匷磐┳ 匊尉忞憇┳ 六劤ㄒ噤夔唤〕磐兢nA懈忯噤夔叼哖呜帡她匊尉甍彐墇恻怜噱磐│屙厒㈠匊尉她噤夔ざ処⇑ 暨2暻ㄒ峎拿垳暺冶匊尉侚┛ 太央冱垹堳分┐ 猛徥呶もㄒ峎拿垳磐兢こ怦匊尉ゲこ皿刻磐匚傝ナ扃ㄍ嗓娊她⊡♪磐厒㈠匊尉崭憋巽⇑ 冶匊尉太央剭囆侮轨尉ー愿nmnA▾ 傚匊尉她岌岊└ デ嵛甍彐慱ㄩ磐兢寰徼匊尉デ嵛ウ娥堳分⇑ 掫妻匊尉夼剝憙圁刱侜磐匊尉她ㄒ峎拿垳猛徥壯影ㄩ号┳ ┳ ㄩ磐兢甍彐ダデ嵛她囊ㄩ拿垳磐【匊尉她岌岊ㄱ扉└ 屜ㄱ厒㈠⇑

/,1 復傒匚唅

嗺慆┣ 宦匊尉処墠堳分←攉囊恺扉㊦勿墠均劂巽⇑

· 処墠堳分暺啾鹵勲懧埔庬忯ㄛ QBQ←Q? Q磐┣ 揹彙┤ 优ㅇㅇ匪 0. 揹崕勃忯◐ 揹妛暨嗷咽 /+2 ㄛ暻磐刽ㄛ 6. ㄛ磐寬μℓ忯ㄛ惄撣磐▸ 彙匊尉她勲懧丁埔庬剝儿怒┤ 扇⇑

攉囊恺扉暺啾鹵攉囊恺扉 QD+14 扉彙忯♠磐┆ テㅇㅇ匪 6┤ 寔異磐ㄛㄑ┳ 剝劉屻峎←孤婧ゃ丹←愧⊡太央←攉一囊ㄱ←攉墠ㄒ峎←攉墠屻峎←婚♂ㄒ峎㊦削⊡ゃ丹磐14┤ 揹妛磐嗷揹均ㄛ /. . ㄛ磐ㄛ同└ 匊尉攉囊恺扉励嗓嗺⇑

勿墠均劂異暺扃壨勃掂崕ㄇ均劂異怫呼彙磐傚匊尉ㄉ叹怫呼掷㊡磐怎扉彙扇諙叼異 . ,601磐ザ❀儴悹孳同 . ,634磐テㅇradsㄨ 咘┤分異←咘┤勴咦嫽 /. ┤ 揹妛磐嗷┤ 揹妛壯┓ 均崟均劂愁へ . +/. ㄛ磐剬ㄛ /. . ㄛ磐+4. ㄛ彙娊┓ 均劂磐. +7. ㄛ彙娊均劂磐7. +/. . ㄛ彙娊揓兑均劂⇑ 剖均劂異; /+┓ 均劂異⇑

/,2 寁忏偕ㄛ哑

娀媲勍咕同鹵彐寁忏同鹵磐忏扉悚吗暨 $\overline{x}$ ¤ q暻彙娊⇐忏同悚吗丨暨# 暻彙娊磐宦挽傚嗺 r⇐ x^2 啌摽磐Λ暋. ,. 3磐寁忏劂┻ 啥ン磐关壨 QNQQ02,. 思● 寁忏ㄛ哑⇑

2 结果

0,/ 処墠堳分

復傒宦匊尉 QBQ└ Q? Q忯ㄛ呜帡♫┘ 傚埡宦暨Λ暋. ,. 3暻彙 / Q? Q←QBQ忯ㄛ傚嗺暨χ¤ q磐ㄛ暻

组别 例数	SAS		SDS	
	护理前	护理后	护理前	护理后
观察组 （n=39）	59.58 ± 4.11	42.15 ± 2.72	57.68 ± 4.25	43.78 ± 2.91
对照组 （n=39）	59.51 ± 4.13	49.68 ± 2.25	57.36 ± 4.15	50.12 ± 2.84
t	0.075	13.321	0.336	9.737
P	0.940	<0.001	0.737	<0.001

0,0 攉囊恺扉

兟揹nm復傒宦 QD+14 忯ㄛ哈撣磐儳写咕寁忏偕劂┻ 暨N. ,. 3暻⇑

彙 0 0 宦匊尉 QD+14 忯ㄛ傚嗺暨χ¤ q磐ㄛ暻

组别	情感职能		精神健康		躯体疼痛		生命活力	
	护理前	护理后	护理前	护理后	护理前	护理后	护理前	护理后
观察组 （n=39）	54.48 ± 3.25	75.85 ± 2.63	58.89 ± 3.69	73.47 ± 1.41	66.56 ± 4.76	80.23 ± 2.32	56.86 ± 4.25	73.44 ± 2.76
对照组 （n=39）	54.44 ± 3.26	66.77 ± 2.68	58.82 ± 3.77	65.64 ± 1.21	66.59 ± 4.75	70.45 ± 2.67	56.75 ± 4.72	63.52 ± 2.73
t	0.054	15.101	0.083	26.318	0.028	17.267	0.108	15.958
P	0.957	< 0.001	0.934	< 0.001	0.978	< 0.001	0.914	< 0.001

寍彙 0 QD+14 忯ㄛ傚嗺暨χ¤ q磐ㄛ暻

组别	生理功能		生理职能		社会功能		总体健康	
	护理前	护理后	护理前	护理后	护理前	护理后	护理前	护理后
观察组 （n=39）	58.32 ± 3.76	76.67 ± 2.78	62.34 ± 4.76	76.46 ± 1.78	62.28 ± 3.83	78.25 ± 2.14	64.63 ± 3.56	80.34 ± 1.45
对照组 （n=39）	58.39 ± 3.65	66.71 ± 2.73	62.39 ± 4.75	70.24 ± 1.23	62.24 ± 3.47	69.28 ± 2.17	64.74 ± 3.58	71.51 ± 1.43
t	0.083	15.964	0.046	17.953	0.048	18.380	0.136	27.077
P	0.934	< 0.001	0.963	< 0.001	0.962	< 0.001	0.892	< 0.001

0,1 勿墠均劂奠

復傒宦勢尉勿墠均劂奠呜帡撣⌋ 傚埡宦暨∧瞥. ,. 3暩⇑

彙 1 ┣ 宦勢尉均劂奠嗺慆∨/暨# 暩[

宦ㄨ	㈦乙均劂	佢咤均劂	┓ 均劂	均劂奠
復傒宦暨l ; 17暩	/482/ ,. 1'	00884,2/ '	/80,34'	1687 5,22'
傚埡宦暨l ; 17暩	/08l. ,55'	/6824,/ 3'	7801,. 6'	1. 854,70'
x^2	+	+	+	5,12/
N	+	+	+	. ,. . 5

3 讨论

變摺圢デ嵛垠呖兑徨她崕慡シ瓮刜夬夼謺ナ㉯夼咪ㄱ慆┳ 侜咭謺勢尉┳ 徥彙墇┳ デ嵛傚嫴刜垠失謺兢┘ ♂傚勢尉她デ嵛仩⇐デ嵛腮撓、 壛┆ 偯婺異她卞 謺┤ 扇凅中勢尉她処峇㊦峇峇嫽仗偭[Y1+2]⇑ 變摺圢デ嵛垠伉噤夔慮婺┥ 二咕慆侧她採異謺嗔夬夼她㉯夼塺└ 崠嗤塺优慆撣謺傚勢尉她壛一偁ダ㊦慡⊡ゃ丹、 壛┤ 扇凅中⇑ kℓ呀謺再同勢尉慶♂彙墇丁勲懧⇐埔庬嫽墇恥謺、 壛┤ 扇她処墠掙娭謺慷傚勢尉她慡⊡丹侜呖㈦乙┓ └她⇑ ┬ 六┥ 兑扃壨巡堜噤夔她吤冒寰徼勢尉夼夼謺┳ ╗ 厖㈡勢尉她壛囊恺扉謺慶搳徥┳ 勢尉厖丨咕叼她勿墠咘┤[Y3+4]⇑

家μℓ嗔嗂偳摽娀媲謺▾ 56 〕變摺圢デ嵛垠勢尉× ┳ 娀媲傚恥謺傚勢尉偳否┓ kℓ勿墠吤冒謺勿墠nm謺復傒宦勢尉処墠堳分呜帡☞⌋ 傚埡宦暨∧瞥. ,. 3暩⇑ 彙呉孳寁勿墠兟挘nA号亂勢尉処墠堳分⇑ 乙哑nA徨謺勿墠■ Gy伉孳寁勿墠┥ 噻扇偁勢尉她処墠勿墠謺慄慮忒姬夔噱⇐噓慄夔噱⇐▦ 宰劤ㄖ噤夔唤〕嫽吤冒号亂勢尉她┓ 嵑処墠挪搔謺【勢尉毘澤媔哌剝寋⇑勿墠nm謺復傒宦勢尉壛囊恺扉撣⌋ 傚埡宦暨∧瞥. ,. 3暩⇑ 彙呉孳寁勿墠兟挘nA厖㈡勢尉壛囊恺扉⇑ 伉勿墠儩× ┥ 謺ㄛ匡偁グ卄她勿墠ピ傃謺ナ┥ ㄛ匡壨巡匚傝⇐処墠兟挘⇐撵搫匚傝⇐ㄖ峎忥宦謺【勿墠儩× 咍—孳寁卄└ 循嶢卄謺兎ㄴ勢尉毘澤偨亂她勿墠咘┤⇑復傒宦勢尉均劂奠呜帡撣⌋ 傚埡宦暨∧瞥. ,. 3暩⇑ 彙呉孳寁勿墠nA毘澤勢尉慆撣她均劂奠謺勿墠■ Gy家μℓ勢尉她偳捻剝ル冗僈┆ 孳大勿墠叡× 謺倻勿墠咘┤悅媷⌋ 勢尉她慡⊡└ 処墠吤揖謺【勢尉毘澤☞恺她勿墠咘┤謺│扁厖㈡勢尉均劂奠[Y5+6]⇑

寬┓ 勍憇謺孳寁勿墠兟挘伉孌摺圢デ嵛垠勢尉勿墠┥ 关壨叼哖呉呜謺nA【勢尉処墠掙娭囆掃謺兢【勢尉壛囊恺扉└ 勿墠均劂奠厖撣謺nA即全⇑

参考文献:

∨/[岑偬*涂床*og吣寇*嫽,俇摠个孳寁傚孌摺圢デ嵛垠勢尉冒寍剃勿墠她叼哖娀媲∨H,┥ 份冶► ㈢巡*0. 0/ *06806'80/ 0 +0/ 3,

∨0[唐墻個,孳寁ゃ丹吃岡勿墠喤窅伉孌摺圢デ嵛垠┥ 她叼哖娀媲∨H,佢傾㈢偕忾伢*0. 0/ *0380/ '8l. 40+1. 41,

∨1[ㄛ份墺,孳寁ゃ丹吃岡勿墠喤窅伉孌摺圢デ嵛垠勿墠┥ 她叼哖忯◐ ∨H,ノ壛こゃ匚㈠*0. 0/ 805'8041,

∨2[塼倡,孳寁ゃ丹吃岡勿墠喤窅伉孌摺圢デ嵛垠勿墠┥ 她叼哖㊦傚ナ壛囊恺扉她凅中乙哑∨H,撵搫こゃ*0. 0/ &'8036,

∨3[懠倎嵳,孳寁刜ゃ丹吃岡勿墠喤窅伉孌摺圢デ嵛垠勿墠┥ 她叼哖∨H,こゃ吐嘬*0. 0/ *00&2'8/ 13+/ 14,

∨4[咧匚掳,孳寁勿墠兟挘傚孌摺圢デ嵛垠勢尉処墠掙娭㊦壛囊恺扉她凅中∨H,処墠咔歹*0. 0/ *4&/ '8/ 7/ +/ 70*72,

∨5[壯┳ ,孳寁ゃ丹吃岡伉孌摺圢デ嵛垠勿墠┥ 她× 壨∨H,┥ 份㈢巡匚㈠*0. 0/ *7803'8/ 40+/ 42,

∨6[嗥呣吤,孳寁ゃ丹吃岡勿墠喤窅伉孌摺圢デ嵛垠勿墠┥ 傚処墠嚶兟她号亂叼哖∨H,搓懿搫严└ ㈢巡*0. 0/ *06&'8/ 03 +/ 04,