

个体化护理在急性痛风性关节炎治疗中的效果分析

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【摘要】：目的：探讨个体化护理在急性痛风性关节炎治疗中的应用效果。方法：选取2021年1月至2021年12月在我院治疗的急性痛风性关节炎患者98例，随机分为观察组和对照组，每组49例。对照组接受常规护理，观察组接受个体化护理。比较两组患者的视觉模拟量表(VAS)评分、疼痛指数、关节肿胀率、红细胞沉降率、生活质量、情绪功能、角色功能、身体功能和社会功能。结果：两组患者VAS评分均显著降低，观察组评分显著低于对照组， $P < 0.05$ 。观察组患者的疼痛指数、关节肿胀率、红细胞沉降率均显著低于对照组，差异具有统计学意义($P < 0.05$)。观察组患者的生活质量、情绪功能、角色功能、身体功能和社会功能均显著高于对照组，差异具有统计学意义($P < 0.05$)。结论：对急性痛风性关节炎患者实施个体化护理干预，能有效改善患者的临床症状，提高患者的生活质量，值得进一步推广和临床应用。

【关键词】：个体化护理；急性痛风性关节炎；疼痛评分；生活质量

Analysis of the Effect of Individualized Nursing in the Treatment of Acute Gouty Arthritis

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Abstract: Objective: To explore the application effect of individualized nursing in the treatment of acute gouty arthritis. Methods: The study period was January 2021 to December 2021, and the study subjects were 98 patients with acute gouty arthritis treated in our hospital during this period. According to different nursing methods, the patients were divided into 2 groups, 49 cases in each group. The control group received routine nursing, while the observation group received individualized nursing. To compare the effects of different nursing methods on patients with acute gouty arthritis. Results: After nursing, the visual analogue pain score (VAS) of the two groups were decreased, and the observation group was lower than the control group, $P < 0.05$, there was statistical significance. After nursing intervention, the tenderness index, joint swelling and cell sedimentation rate of the observation group were lower than those of the control group, and the differences were significant ($P < 0.05$). The scores of quality of life, emotional function, role function, physical function and social function were improved after nursing, and were all higher in observation group than in control group, with significant statistical significance ($P < 0.05$). Conclusion: For the treatment of patients with acute gouty arthritis, the use of individualized nursing intervention can effectively improve the clinical symptoms of patients, for patients with pain, improve the quality of life has a positive impact, worthy of further promotion and use in clinical.

Keywords: Individualized nursing; Acute gouty arthritis; Pain score; Quality of life

刚荆谷措荆丁崙垠呀 六 唯愠兑惶她 娉夫芥 偏岷 涸中愆 卹娘 璋位 二 卹 倭愆 三 俏 嘬匀 1 资料与方法 1.1 病例选择 选择2021年1月至2021年12月在我院治疗的急性痛风性关节炎患者98例，随机分为观察组和对照组，每组49例。对照组接受常规护理，观察组接受个体化护理。比较两组患者的视觉模拟量表(VAS)评分、疼痛指数、关节肿胀率、红细胞沉降率、生活质量、情绪功能、角色功能、身体功能和社会功能。结果：两组患者VAS评分均显著降低，观察组评分显著低于对照组， $P < 0.05$ 。观察组患者的疼痛指数、关节肿胀率、红细胞沉降率均显著低于对照组，差异具有统计学意义($P < 0.05$)。观察组患者的生活质量、情绪功能、角色功能、身体功能和社会功能均显著高于对照组，差异具有统计学意义($P < 0.05$)。结论：对急性痛风性关节炎患者实施个体化护理干预，能有效改善患者的临床症状，提高患者的生活质量，值得进一步推广和临床应用。

↖ 姬刺k0刷 || ➤ 儲嫩尧↑

宙夕哈含ノ暉暨/際棠T 六怗叱替婉怗T 刚刺吞播刺テ翁
琅勢尉暉暨0際T 六悚吗俛后↑

卵掃哈含ノ暉暨/際周晒テ翁 | 扇刚刺勢尉暉暨0際μ0兢処 ←
崑 ← 岍 ← 岩嫫 | 扇夫芥暉暨1際剛枕 ← 噓慄 ← 忒姬掙娒暉暨2際
吳噓Ⓜ L 夕娒城嫫↑

/,0 訶噓

做岓宦勿墀高豐克循勿墀咩官↑ 勿墀 Gy 拯提T 勢尉悅
憤嶺俚芥勃帶仇替傲偷P圍莫 ← 玎莫慧ヨ佛翁替め俚勢尉こ
呻偶 × ↑ k0呀替勿墀 Gy 拯提k0姬勢尉 — 側捧嚶扉替嗽吵捧
嚶扉关峯僿T 03. . k j↑ 拯提Ⓜ呀T 勢尉哈占六(八) ← 替揀替こ
忒才兢工后噲↑

復倭宦拯提 ▽ 兌循勿墀T 佢娘替 — 豐 | ㊦ 勿墀脚否慧
ヨ兢拒替二㊦ 訶官俏 | 暉

暨/際傲 | 砵頹勢尉替壯 | 才吐才娒莫 ← 卻孛良T | k0噓
拯提【豐慄く吠助她怕懼T 勢尉】 宰夫芥納テ姬怗替nA仿テ
侯偷吃佢娘 | 替倭匪如叹偷 勸P ← 取叹偷 僞搏嫫訶官慧
ヨ慈L 替 ▽ 噴庇揮勢尉傲夫芥納テ姬怗 ← 勿墀訶官 ← 噓刷 L
措嫫她 | 微娒莫替 L | 庇揮勢尉 || | 荆↑

暨0際傲 | 偶伉側扉捧姿 | 剖她刚刺吞播刺テ翁琅勢尉替
拯提 — 互 ya 丹吃岡替k0姬才捧姿吩傷嶺吞播T墀她 | | T 提
伶學替关咬宿勃僿扉 — 僿才姿替 — 僿傲夫芥洞中↑

暨1際俏哖勢尉偶伉預復芥 ← 揮擴Ⓜ ← 揮墀燭 | 戡曠失
嫫夫芥替勿墀 Gy 拯提 — 互才佢娘荆夫芥她兢拒替nA傲才捧
擊慧ヨ脛ㄚ替僿扉僿匪 | 岍 ← 岍 把擊揀替兎L 勢尉ノ劬 ya 丹
捧擊 | 荆↑

暨2際嶺勢尉偶伉復启吞播kA替拯提庇揮勢尉唾勃こノ
刷枕替兢噓 | (H) 仆替際冶【豐巡揀慧ヨ兢拒替 ▽ 噴 | 澤勢尉
曠俊截嚶兜良俛寔匱伉噓兌崑佳P替え 慧刚刺吞播刺テ翁琅
勢尉納テT 六失墀她号亂↑

暨3際勿墀墀 × | 替勿墀 Gy 拯提 — 互 L 勢尉她噓慄 |
噓替Ⓜ呀 | 微勢尉処墀墀分替 | 拯提こ忒L × 愿哖替庇揮勢
尉薪際莫↑ k0呀替傲 | 刚刺晒勢尉替勿墀 Gy 关家僿才こ匱
(五)六 刻替nA際冶位才勢崗勾揮↑ 壯 | 勢尉ヨL ㄚㄥ | 倭接
ㄚ 替勿墀 Gy 拯提僿囊訶揖密 L 勢尉 | 倭岓温替(ㄥ)L 才屑悞
嫫替 ▽ 噴 — 僿テ翁变列 ← 岍岍併剋嫫刺L T墀↑ 冶勢尉太
失墀慧圖号亂nm替拯提鼓 勢尉僿吹T 六囊L 替 ▽ 噴え 慧勢
尉劫倂替捻 | 夫芥倂 ㄚnA 崑↑

/,1 復倭口哈

太谷低T ↑ 【豐傍倭太谷惶匡低T暨T? Q際傲勢尉勿墀
nm太谷刺儿慧ヨ做唯 | . T T 吳谷替/. T T 卜 擲太谷↑

失墀号亂↑ 傲勢尉勿墀nm她Ⓜ㊦㊦同 ← テ翁岓岩 ← 宋昭
噓捻座嫫刺儿慧ヨ復倭 L 忒冷↑ 澤乙怒 | 替彙吳勢尉失墀号
亂刺儿怒墀剝↑

墀囊忙扉↑ 慄慮 QD+14 扉彙傲勿墀nm | 宦勢尉墀囊忙
扉刺儿慧ヨ唯悞替00匪刺卷T良 ← 德崑T良 ← 愧㊦T良 ← 婚
♂ T良仍訶揖 | 澤乙怒揮替彙吳墀囊忙怒墀剝↑

/,2 寔忡借乙哑

城嫫 | 同伉优拯慧ヨ寔忡借乙哑替倭匪慧 • QNQQD1. ↑
忡扉悚吗哈怗豐暨 x̄ ㄞ q際替控標豐 | ↑ ▽ N. . . 3 T 哈ノ替
嶺僿伉 N替. . . 3替彙吳宦 • 唯悞僿伉寔忡借剝 L ↑

2 结果

0,/ 太谷低T

勿墀大替 | 宦 T? Q低T 吳鳴併僿写替N噓. . . 3替吳寔忡
借剝 L ↑ 勿墀nm替 | 宦 T? Q低T 优咕勃捻 | 替 | 復倭宦 | 替 |
做岓宦替 | 替. . . 3替僿伉寔忡借剝 L ↑ 復倭宦刺儿哈墀剝替二
㊦ 刺儿俏彙 | 暉

彙 / 太谷低T暨 x̄ ㄞ q際乙際

宦L	㊦ 同	勿墀大	勿墀nm
復倭宦	27	6,71 ㄞ /,./	1,76 ㄞ /,./ 0
傲岓宦	27	6,77 ㄞ .,76	3,./ ㄞ /,./ 1
r	+	.,076	2,514
N	+	.,544	替. . . /

0,0 失墀号亂

勿墀兢拒nm替復倭宦Ⓜ㊦㊦同 ← テ翁岓岩 ← 宋昭噓捻座
优 | 做岓宦替僿写鳴併替N噓. . . 3替僿伉寔忡借剝 L ↑ 復倭
宦刺儿 | 做岓宦替二㊦ 刺儿俏彙 | 暉

彙 0 失墀号亂暨 x̄ ㄞ q際

宦L	㊦ 同	Ⓜ㊦㊦同	テ翁岓岩	宋昭噓捻座
復倭宦	27	/,30 ㄞ .,3/	2,./ 3 ㄞ /,./ 1/	01,/3 ㄞ /,3/
傲岓宦	27	1,10 ㄞ .,70	4,06 ㄞ 0,./	06,04 ㄞ /,57
r	+	//,756	4,063	/3,052
N	+	替. . . /	替. . . /	替. . . /

0,1 墀囊忙扉

勿墀大替復倭宦Ⓜ做岓宦Gh墀囊忙扉低T 吳鳴併僿写替
N噓. . . 3替 | 僿伉寔忡借剝 L ↑ Ghㄥ哈低T 优伉勿墀nm咕勃
(E)替 | 优T 復倭宦噓做岓宦替咕鳴併寔忡借剝 L 替N噓. . . 3↑
復倭宦刺儿哈墀剝替快徑彙 | 暉

彙 1 墀囊忙扉低T暨 x̄ ㄞ q際乙際

宦L	㊦ 同	刺卷T良		愧㊦T良		德崑T良		婚♂T良	
		勿墀大	勿墀nm	勿墀大	勿墀nm	勿墀大	勿墀nm	勿墀大	勿墀nm
復倭宦	2	3,./ 0	7/,1	4,./ 1	73,0	4,./ 6	7,./ 6	4,./ 0	7,./ 3
		0 ㄞ	1 ㄞ	1 ㄞ	3 ㄞ	6 ㄞ	6 ㄞ	7 ㄞ	2 ㄞ
傲岓宦	7	.,00	.,3/	.,/4	.,/5	.,04	./,5	./,5	./,7
做	2	3,./ 0	45,/	4,./ 6	5,./ 0	4,./ 6	5/,0	4,./ 1	50,1

