

# 穴位敷贴配合中医护理干预对体外冲击波碎石术后肾绞

# 痛的应用效果

薛洁

上海中医药大学附属龙华医院 上海 200032

【摘 要】:目的: で哑 ESWL 咦nm 岩菜杏【壨媱♪ 吏悊成μℓ┥ (ⅰ)勿墠她叼哖↑ 方法: 甸妞噱掓咪匉ጮ兢优 で 62 〕 ESWL 咦nm 兢弛岩菜杏她慔傻嬝家姲勢屗暨2021 兡 3 咔暭2022 兡 3 咔暩暬傚埡宧O O 兑循勿墠暬復傒宧O O 兑循勿墠+媱♪ 吏悊+ ┪ (ⅰ)勿墠暬傚嗺 ┣ 宧叼哖。结果:復傒宧勿墠nm 忯で暨瓘囊恾扉 ←処墠堳分 ← 勿墠均劂兾際 ← 勿墠nm 7d ← 15d 太杏忯で☞ □ 傚埡宧暨P瞥0.05際↑ 结论: ESWL 咦nm 岩菜杏勢屗吵兑勿墠儩× ┪ 弧タ┪ (ⅰ)勿墠丆媱♪ 吏悊暬峎【勢屗瓘囊严恾こ匶伉慆撣堳分 ← 号亂処墠堳分丆太夻剠ル叼哖嵑俍暬巼澤 □ 全侧勢屗她忒nA暬へ澤卽全↑

【 关键词 】: □ 侠ラ Ψ 噸 嬉 妓 咦 暻 岧 菜 夻 暻 媱 ♪ 吏 悊 暻 ┃ (リ)勿 墠 暻 壦 嚢 恾 扉 暻 処 墠 堳 分 暻 勿 墠 均 劂 兾 暘 太 夻 媝 兾

# Effect of Acupoint Application Combined with Traditional Chinese Medicine Nursing Intervention on Renal Colic after Extracorporeal Shock Wave Lithotripsy

Jie Xue

Longhua Hospital Shanghai University of Traditional Chinese Medicine Shanghai 200032

**Abstract:** Objective: To analyze the effect of acupoint application combined with traditional Chinese medicine nursing for renal colic after ESWL. Methods: A total of 62 patients with ureteral calculi complicated with renal colic after ESWL (from March 2021 to March 2022) were randomly selected and divided into control group (routine nursing) and observation group (routine nursing + acupoint application + traditional Chinese medicine nursing), and the effects of the two groups were compared. Results: The post-nursing scores (quality of life, psychological state, nursing satisfaction) and pain scores at 7 and 15 days after nursing in the observation group were better than those in the control group (P < 0.05). Conclusion: The integration of traditional Chinese medicine nursing and acupoint application in the daily nursing work of patients with renal colic after ESWL can keep the quality of life of patients in a high state, improve the psychological state and pain, which has been recognized by the majority of patients and is worthy of promotion.

**Keywords:** Extracorporeal shock wave lithotripsy; Renal colic; Acupoint application; Traditional Chinese medicine nursing; Quality of life; mentality; Nursing satisfaction; Degree of pain

### 1 资料和方法

# /,/ 崹悚吗

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#### 暨3暩孤婧写兑↑

#### /,0 吤噱

#### /.0./ 傚埡宧

傚埡宧暺兑循勿墠↑暨/暩pA仆剓屗侈侧搼嘤扉暬! 崹 脆□伉 1...k」優cal暬厑撣傻扉↑ 搼嚶兜儿暺优△←侢暚搼 嚶勢俏哖剓屗掹徥nA▼ 宮 L ナ L 優 W↑ kΩ姫傁僊徥傡傻回こ 偶伉憘呉全シ¯塩┪↑暨O際CQUI咦nm 勢屗丁墇恕埆失堳她┲ 提估今呖咢扃♡咕叼她卿否卼ې曒傻孳寁劅哯←慔傻嬝影♡ 媔慆侧她娮姲佳佺暬懅⑷仆宻└ 剓屗μθ墠伐【壨勷壦學暬nA ▼ 慄慮来帇倫ノ劺屗巡叿忾摽娧偯勷壦學媇孌↑ 暨1暩家ル **勢屗她佢咤ざ刻暨兡斃←刜ధ←娮姲剠ル嫽暩**→ 勢屗娧偯嚢 山扉暬pA仆剓屗伡匶凟兯圁慸她博山印儿暬 峎慮」 処刚暬 懇シ侈一杏養劅↑ 俏哖家姲慆傤暬敱ਘ剓屗憟虜惚嗕←惩寓 嫽博止ぇ【娮姲傹击卵丁□侠↑暨2際COJI咦nm 教屗♂丁埠 岊妹nA徨她呶呀刜彍傻暬ナ呖壯」 娮姲慮媝┪ 暬家姲丆慔傻 **嬝敚崊**卲壦叄只暬【ナジェ卞 ₹ 暬伉卵丁家姲她呀な暬家姲 **傡敚崊**ヲ娐暬ホホ凍ラ虫噸她ヰ坾┡♂怙恕T彍←嚶岨燎¶嵑 失堳↑ 侧懹乙剓屗咦m礦傻她媝兾慆傤暬傻回MW困礦刜暬kΩ 姬勢屗¶ 凨慮 匍処暬b優cal礦傻傲♂囆侮暬肖哖礦傻 扇暬 懅⑷仆宻└ 剓屗憏扉她嗒彍巡堜↑暨3暩CQU」咦nm俏哖剓屗 太合劅 ト 垹暬nA▼ 懅(山)仆宻 L ナ徼 会巡 堜 暨 僒 已 味 娼 ← 敖 ご 戡嫽暩 慷Ţ 巡堜¶ ■ 峎侤寰徼太夻暬慶峎ぇ【噭傻孶夳匿暬 え【娮姲傹击卵T↑暨4際CQJI咦nm勢屗俏哖T埠¶嵑スー关 暨刾処(/lgmm←T 良慸搫暩暬掹懅(ப)仆慄慮揑峑T 剓屗彙回暬 厑撣剓屗傻扉暬懇シ丅墇売徼恾孷╓嫽失堳暬え【剓屗冄侜↑

#### /,0,0 復傒宧

復傒宦暺兑循勿墠) 媱♪吏悊)┪(山)勿墠↑ 媱♪吏悊暉┑摝←噔巡←来慜←奶嵻←奶嵸廳崪巈Gtu 1. e陽┏┏← に と で花← 3 技 ← 岱 始 い 0. e陽侧敖←捷妄← 四 向Gtu / 3 e陽伐斌 1 咽 ← 延 面 0 咽暬務孏暬廳开怫厂↑ 勢屗ぞ(山)♪ 暬悊吏媱♪暺捰呖媱←街一岩ご↑ 壯愿 に扇区(Э)媱♪ 暬妄岘凡安暬媱♪ 截岩暬悊吏婦♪ 暬区(Э)媱♪ 3 k g 暬悊吏呀挽 4f 暬/ 悊-b暬噤夔/3b↑ ┪(山)勿墠吤冟暺ぞ(田)暬囆嗸妄岘暬慭憰㎝俱┥ 媱旬 こ 夕嗒吞巡堜噻傠仗暬减凙嘐劅暨劅徯 に T 埆 ← 敓 ← 岩 ← 吞 У 際 m 暬少 中 噻 傠仗暬 吳 少 張 暬 寰 劔 噻 夕 巡 堜 暻 博 書 ヲ 孎 (ラ) 当 ← 慎 傻 嬝 ← 婧 半 ┏ ↓ 中 紹 ↑ ↑

#### /.1 □ 哈復傒

做唯一宮<sup>∞</sup>暉暨/際QD+14 扉彙嗷揹/.. て暬で同怒揮勢 屗壦嚢严恾怒撣↑暨0際嘭傊揿勲懧扉彙嗷揹/. て暬で同丁 ┫処埋堳分劶噪唯↑勲懧堳分曜1で吳暻1+3で愿兾暻4+6 で¶ 異暻暾6で扇兾↑暨1際咤掂崜□勿墠均劂兾扉彙嗷揹/.. て暬でへ怒撣勢屗傚勿墠儩×她忒nA兾怒撣↑暨2際徬徯喤匡太夻扉彙刣で/. て暬で同丁太夻媝兾劶噪唯↑

#### /,2 寁忏偕迟哑

QNQQ0., 何墠同鹵暬暨<sup>¯</sup>¤ q際 ┗ 暨# 際彙婗忏扉 ┗ 仟同 悚吗暬乙埣壨 r へ ┗ vº 啐摽暬暨N:... 3際咕事仟偕劂 ┗ ↑

#### 2 结果

#### 0./ 傚嗺壦嚢恾扉忯ひ

勿墠ス ▶ 宦傚唯暨n<.,.3際暬勿墠nm復傒宦撣 ️ 傚埡宦暨N瞥.,.3際暬徨彙/暺

彙/ 傚嗺壦嚢恾扉忯で暨I; 1/暬<sup>x</sup> ¤ c暬で際

匸唅	呀挽	復傒宦	做埡宧 	r۸	NΛ
	勿墠ス	43,04¤ 2,15	43,//¤ 2,10	. ,/13	. ,670
愧⊡π峎	勿墠nm	62,57¤ 3,01	53,15¤ 1,00	6,317	. ,
1ee 141	勿墠ㅈ	40,16¤ 2,3/	40,34¤ 2,45	. ,/32	. ,655
婚♂π峎	勿墠nm	61,72¤ 3,40	5/,70¤ 1,12	/.,014	. ,
	勿墠ㅈ	42,60¤ 2,20	42,13¤ 2,14	. ,20/	. ,452
剠寋π峎	勿墠nm	60,45¤ 2,73	5/,60¤ 2,1/	7,0. 2	. ,
	勿墠ㅈ	43,04¤ 2,1/	43,60¤ 2,23	. ,3. 1	. ,4/4
囊H	勿墠nm	61,32¤ 2,07	50,03¤ 2,11	/.,1/0	. ,
	勿墠ㅈ	42,62¤ 2,46	42,13¤ 2,03	. ,21/	. ,445
壦墠π峎	勿墠nm	61,73¤ 3,00	50,06¤ 2,07	7,4/4	. ,
	勿墠木	43,6/¤ 2,37	43,06¤ 2,1/	. ,246	. ,42/
処墠π峎	勿墠nm	62,04¤ 3,15	51,00¤ 2,72	6,202	.,
711 4= 101 /\	勿墠木	42,36¤ 2,40	42,1/¤ 2,01	. ,017	. ,6//
孤婧堳分	勿墠nm	61,03¤ 3,/2	5/,44¤ 2,10	7,4/ .	. ,



# 0,0 傚嗺処墠堳分忯乙

# 宧』」 傚埡宧暨N瞥... 3暩暬徨彚 0暺

勿墠スト 室処墠堳分忯乙傚嗺暨n<.,,3際暬勿墠nm復傒

彙 0 傚嗺処墠堳分忯乙暨I; 1/暬<sup>x</sup> ¤ c暬 Z 暩

匸唅	呀挽	復傒宧	数型室 数型室	r۸	N^
勲懧	勿墠ㅈ	3,01¤ 0,12	3,1/¤ 0,14	. ,/12	. ,671
74(13-	勿墠nm	/,20¤ .,15	0,02¤ .,34	4,6.0	. ,
孤婧埔庬	勿墠ㅈ	2,/6¤ /,15	2,04¤ /,21	. ,002	. ,600
3741713 11342	勿墠nm	/,02¤ .,73	0,/5¤ .,45	2,232	. ,
<b>姃妮掙娭</b>	勿墠ㅈ	1,64¤ /,40	1,50¤ /,14	. ,146	. ,5/1
,_,,,,,,	勿墠nm	/,4/¤ .,12	0,25¤ .,34	5,1.6	. ,
<b></b>	勿墠ㅈ	1,12¤ /,26	1,4/¤ /,17	. ,52.	. ,24/
-	勿墠nm	/,07¤ .,01	0,10¤ /,02	2,325	. ,
EU ===	勿墠ㅈ	3,/4¤ 0,42	3,01¤ 0,5/	. ,/ . 1	. ,7/6
	勿墠nm	/,1/¤ .,20	0,31¤ .,36	7,263	. ,
│ │ 愧⊡埔庬	勿墠ㅈ	1,1/¤ /,60	1,42¤ /,07	. ,601	. ,2/1
池山埔池	勿墠nm	/,12¤ .,27	0,45¤ .,60	5,530	. ,

# 0,1 傚嗺勿墠均劂兾忯ひ

傒宧♬┛傚埡宧暨N瞥.,.3暩暬徨彚 1暺

勿墠スト 室勿墠均劂兾忯乙傚嗺暨n<.,.3 際暬勿墠nm復

彙 1 傚嗺勿墠均劂兾忯ʊ暨I; 1/暬<sup>x</sup>¤ c暬ʊ暩

匸唅	呀挽	復傒宧	傚埡宧	r۸	NΛ
<b>┲</b> ᄔ啼ᅴ	勿墠ス	51,04¤ 1,/2	51,3/¤ 1,/7	. ,1/.	. ,534
	勿墠nm	71,56¤ 2,04	63,/0¤ 2,. 1	6,000	. ,
や冄偷吃	勿墠ㅈ	50,62¤ 1,30	50,51¤ 1,3/	. ,/ 01	. ,7. 0
	勿墠nm	70,76¤ 2,//	61,14¤ 1,45	7,50.	. ,
∦ 嚦峎거	勿墠ス	52,/4¤ 1,62	52,45¤ 1,60	. ,302	. ,4. 0
"	勿墠nm	71,/4¤ 2,16	62,06¤ 1,43	6,45/	. ,
叡× 嚶兠	勿墠ㅈ	50,51¤ 1,27	50,42¤ 1,1/	. ,/ . 2	. ,7/5
	勿墠nm	70,72¤ 2,31	62,4/ ¤ 1,54	5,656	.,
」 tri-t##.//-	勿墠ㅈ	51,23¤ 2,/0	51,//¤ 2,. 4	. ,105	. ,522
♭ 掂墆侁	勿墠nm	71,41¤ 2,7/	62,02¤ 1,41	6,340	.,

# 0,2 傚嗺太夻忯ご

勿墠ス ┣ 宧太夻忯乙傚嗺暨n<.,.3際暬勿墠 5 侨 ←/3 侨 復傒宧 Љ 単 傚埡宧暨N瞥.,.3際暬徨彙 2暺

彙 2 傚嗺太夻忯で暨 x ¤ c 魯で暩

と 宦	〕同	噤夔ㅈ	噤夔nm 5b	噤夔nm /3b
<b>須</b> Ø 宁	1/	5,30¤	2,16¤	0,13¤
復傒宦		/,43	/,34	1,.4
傚埡宧	1/	5,12¤	3,41¤	1,/ 4¤
以以位		/,37	7,46	/,01

r	. ,215	1,. 13	0,555
N	. ,441	. , 1	. , 5

## 3 讨论



暨N:...3 窓警 予 に 単 は → 吏 抵 ← ↓ (日) 勿 埋 n A 咕 ワ ー 代 介 ■ 恶 揖 刻 寒 暬 │ 扇 応 撣 壦 嚢 严 忙 ↑ 咦 ┪ ← 咦 n m 呀 ュ 傊 さ か 傍 介 ■ 刱 舟 堳 ル 暬 嶙 兢 弛 岩 菜 合 关 嫐 (有) 懲 ヨ ┪ 巡 堡 嗣 噤 夔 ア 如 关 嗒 合 燎 傚 失 旬 埋 暬 ▼ ー 愿 岩 菜 合 → 扇 婺 兾 暬 兢 え 慸 咦 n m 日 舟 舎 咕 止 」 応 (E) 堆 ー 严 忙 ↑

#### 参考文献:

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