

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

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【摘 要】：目的：评估 ESWL 术后肾绞痛患者应用穴位敷贴配合中医护理干预的临床效果。方法：选取 62 例 ESWL 术后肾绞痛患者，随机分为对照组（常规护理）和观察组（常规护理+穴位敷贴+中医护理），比较两组患者术后 7 天和 15 天的生活质量、心理状态、护理满意度及疼痛评分。结果：观察组患者术后 7 天和 15 天的生活质量、心理状态、护理满意度及疼痛评分均显著优于对照组（ $P < 0.05$ ）。结论：ESWL 术后肾绞痛患者应用穴位敷贴配合中医护理干预能有效改善患者术后生活质量、心理状态及疼痛程度，值得推广应用。

【关键词】：体外冲击波碎石术；肾绞痛；穴位敷贴；中医护理；生活质量；心理状态；护理满意度；疼痛评分

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

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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

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1 资料和方法

1.1 一般资料

选取 62 例 ESWL 术后肾绞痛患者，随机分为对照组（常规护理）和观察组（常规护理+穴位敷贴+中医护理），比较两组患者术后 7 天和 15 天的生活质量、心理状态、护理满意度及疼痛评分。结果：观察组患者术后 7 天和 15 天的生活质量、心理状态、护理满意度及疼痛评分均显著优于对照组（ $P < 0.05$ ）。结论：ESWL 术后肾绞痛患者应用穴位敷贴配合中医护理干预能有效改善患者术后生活质量、心理状态及疼痛程度，值得推广应用。

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彙 / 倣唯罐囊忙靡忒乙暨 | ; 1 / 贅 x ɑ 0 贅乙際

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0.0 倣唯処墀堀分恻乙

序 ♪』 傲垓序暨N幣...3際贅律彙 0暉

勿墾天 1 宦処墾堀分低乙倣唯暨n<... 3際摺勿墾nm復僊

彙 0 傲唯処墀堀分低乙暨 | 1/ 替 $\bar{x}$ α 替乙際

ㄟ ㄏㄞ	ㄢ ㄟ	復溪宦	傲ㄟ宦	r ㄟ	N ㄟ
勳惇	勿墀ㄨ	3,01ㄨ 0,12	3,1/ㄨ 0,14	.,/12	.,671
	勿墀nm	/,20ㄨ .,15	0,02ㄨ .,34	4,6. 0	.,,..
孤婧埔龐	勿墀ㄨ	2,/6ㄨ /,15	2,04ㄨ /,21	.,002	.,600
	勿墀nm	/,02ㄨ .,73	0,/5ㄨ .,45	2,232	.,,..
姪妮掙娒	勿墀ㄨ	1,64ㄨ /,40	1,50ㄨ /,14	.,146	.,5/1
	勿墀nm	/,4/ㄨ .,12	0,25ㄨ .,34	5,1. 6	.,,..
埵怒	勿墀ㄨ	1,12ㄨ /,26	1,4/ㄨ /,17	.,52.	.,24/
	勿墀nm	/,07ㄨ .,01	0,10ㄨ /,02	2,325	.,,..
感襄	勿墀ㄨ	3,/4ㄨ 0,42	3,01ㄨ 0,5/	.,/. 1	.,7/6
	勿墀nm	/,1/ㄨ .,20	0,31ㄨ .,36	7,263	.,,..
愧ㄟ埔龐	勿墀ㄨ	1,1/ㄨ /,60	1,42ㄨ /,07	.,601	.,2/1
	勿墀nm	/,12ㄨ .,27	0,45ㄨ .,60	5,530	.,,..

0.1 倣唯勿墀均劓龔恹乙

倭倭 ♪』 倭倭倭 暨 N 暨... 3 際 暨 倭 倭 1 倭

勿墾天 卜 宦勿墾均剛龔牴乙倣唯暨n<...3際替勿墾nm復

彙 1 傲唯勿墀均刷美怏乙暨 | 1/ 贅 $\bar{x}$ 贅乙際

ㄟ ㄏ	呀挽	復溪宦	微 ㄟ 宦	r ㄏ	N ㄏ
ㄊ ㄌ ㄏ ㄣ	勿 ㄊ ㄌ	51,04 ㄌ 1/2	51,3/ ㄌ 1/7	., 1/.	., 534
	勿 ㄊ ㄌ nm	71,56 ㄌ 2,04	63,/ 0 ㄌ 2., 1	6,000	., ...
ㄌ ㄊ ㄌ ㄏ ㄣ	勿 ㄊ ㄌ	50,62 ㄌ 1,30	50,51 ㄌ 1,3/	., / 01	., 7. 0
	勿 ㄊ ㄌ nm	70,76 ㄌ 2,/ /	61,14 ㄌ 1,45	7,50.	., ...
ㄌ ㄌ ㄌ ㄌ	勿 ㄊ ㄌ	52,/ 4 ㄌ 1,62	52,45 ㄌ 1,60	., 302	., 4. 0
	勿 ㄊ ㄌ nm	71,/ 4 ㄌ 2,16	62,06 ㄌ 1,43	6,45/	., ...
ㄌ ㄌ ㄌ ㄌ	勿 ㄊ ㄌ	50,51 ㄌ 1,27	50,42 ㄌ 1,1/	., / . 2	., 7/5
	勿 ㄊ ㄌ nm	70,72 ㄌ 2,31	62,4/ ㄌ 1,54	5,656	., ...
ㄌ ㄌ ㄌ ㄌ	勿 ㄊ ㄌ	51,23 ㄌ 2,/ 0	51,/ / ㄌ 2., 4	., 105	., 522
	勿 ㄊ ㄌ nm	71,41 ㄌ 2,7/	62,02 ㄌ 1,41	6,340	., ...

0,2 倂唯太脊恹乙

勿墾天 卜 宦太吝怙乙傲唯暨n<... 3際勢勿墾 5 僑←/3 僑

復溪宦 ♪ 倣垓宦暨N幣... 3際替徨彙 2暉

彙 2 倣唯太忒忒暨 $x \propto 0$ 替乙際

乙宦	同	噤夔 ^a	噤夔 ^{nm} 5b	噤夔 ^{nm} /3b
復倭宦	1/	5,30 ^a /,43	2,16 ^a /,34	0,13 ^a /, .4
倭宦	1/	5,12 ^a /,37	3,41 ^a /,46	1/,4 ^a /,01

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

3 讨论

悞儂嫗家姪^T 噉儂俠嬋兌徨介←偶弢介誓伉[|] 份她勢芥
 座穴伱 3# 優ca[|]誓憐^T 頤咭怎介她勢芥座噉詎認伉俄克龔[|]
 (e)誓悞儂嫗家姪勢芥厓壳剌側惻愜慮倍劬[|] 咕嬋偕娥嫗鳴妮[|]
^M誓悞儂嫗家姪勢芥搥捌丁罐裏^L 撐擊⁺ 割←帨ノ囀儿燎伶
 學偶伉(六)孺俱她デ岫誓家倫[|] 六(h)夔偶[|] 尉丁勢慰她デ嚙[|]
 治ス(h)階[|] 伺悞悞儂嫗家姪咿嘯她變評悃偶誓僇爆劬曉伺墾

ㄩㄌ 倂ツツ,伪孽糸慙岫μℓ ㄌ 傻卵姘嚙倣坎圻サ唵nm悞傻
孃家姘鵲鵲岩窠谷㊦卵姘厓她涸中ㄩㄌ 健庠(ㄇ)巡ㄌ. 0/ ㄗ0ㄗ08
61+63.