临床医学研究: 2022 年 4 卷 9 期
ISSN: 2705-0939(Print); 2705-0475 (Online)

早期肠内营养（EEN）护理措施对重症病人热卡达标率及喂养不耐受的影响

于　敏 沈礼丽*
海军特色医学中心 上海 200052

【摘　要】：目的：卹忖乙哑傚扇失夼▄ 偳否吹咱岕ピ帨丿勿墠卿否她× 壨⇑ 方法：咤嗂娀媲傚恥优憔崕勃掂 2020 兡 1 咔ㄖ 2021 兡 7 咔咱挽叵噤她扇失夼▄ 罄テ 80 〕罄区埡芻屘她傲忴呀挽傚ナ狣优乙宦罄乙ㄨ┳ 声宦 40 〕兢傚ナ偳否吹咱岕ピ帨丿勿墠罄▾ ㊦┼ 宦 40 〕兢傚ナ冗僈兑循帨丿史匷勿墠罄復傒傚┣ 宦她勿墠叼哖⇑ 结果：嗺慆┣ 宦她龟丿┓ 屜㛇失堳㘝壩塺罄声宦♫╝ ┼ 宦暨P瞥0.05暩暻嗺慆┣ 宦勿墠nm她埆㈜慥啥塺罄声宦撣╝ ┼ 宦暨P瞥0.05暩暻嗺慆┣ 宦勿墠nm她㎓揹帨丿匚啥罄声宦优☞╝ ┼ 宦暨P瞥0.05暩暻嗺慆┣ 宦她ｂ掂刱侜剝儿罄声宦优俍╝ ┼ 宦暨P瞥0.05暩⇑ 结论：啾鹵咤嗂娀媲她家哖nA▾ 娊忒罄傚扇失夼▄ 偳否吹咱岕ピ帨丿勿墠卿否她× 壨哌┳ 呜帡罄nA▾ 咕叼宇嗓芻屘她龟丿┓ 屜㛇掷搔罄厒撣芻屘她埆㈜慥啥塺罄号亂芻屘她帨丿堳分罄 ｜扁ぇ【芻屘咍击刱侜ゃ丹罄咕凰徥伉┳ 六┐ 侧ㄔ即全⇑

【关键词】：扇失夼▄ 暻埆㈜慥啥塺暻吹咱岕ピ帨丿暻勿墠兟揯暻埆㈜慥啥塺暻龟丿┓ 屜㛇暻× 壨乙哑

Effect of Early Enteral Nutrition (EEN) Nursing Measures on the Rate of Reaching the Standard of Heat Card and Feeding Intolerance in Severe Patients

Min Yu　Lili Shen*

Naval Characteristic Medical Center Shanghai 200052

Abstract: Objective: To explore and analyze the effect of early enteral nutrition nursing in critically ill patients. Methods: The subjects were chosen self hospital during January 2020 to July 2021 were critically ill patients, a total of 80 cases, to its average packet according to patients' clinical time, students' 40 cases respectively and the implementation of early enteral nutrition care, and in 40 cases of b and conduct regular nutritional support of its nursing, to observe the effect of two groups of nursing. Results: The incidence of feeding intolerance in group A was lower than that in group B (P < 0.05). After the comparison of the two groups, group A was higher than group B (P < 0.05); Comparing the nutritional indexes of the two groups after nursing, group A was better than group B (P < 0.05); The inpatient recovery of group A was better than that of group B (P < 0.05). Conclusion: According to the result of this study can be confirmed that early enteral nutrition for critically ill patients nursing role is very significant, can effectively correct the problem of feeding intolerance patients, improve patient's calorie success rate, improve the nutritional status of patients, so as to help pick up the patient back to health. It is necessary to vigorously promote in clinic.

Keywords: Critically ill patients; Rate of thermal card compliance; Early enteral nutrition; Nursing intervention; Rate of thermal card compliance; Feeding intolerance; Effect analysis

扇失夼▄ 她夼剝凋凋嗺慆㈱扇罄㎜ ◆ 慄兑◇咕ダ惕仗偭ㄟ崀掙娭▾ ㊦垠刜ㄗ⁻关嫽偁嫀掷搔罄慷傚♂哌侧伐厒撣芻屘傚帨丿堜恺她囆屡⇑ 埘屌罄芻屘傚帨丿堜恺她mV叵崀ㄔ儿♂ 侧兗┐ 捻罄傝崠芻屘哌呋丁墇┓ kℓ媝鼻她帨丿┓ 嵑掷搔罄慷┐▌┐ ㄴ╝ 芻屘她夼剝刱侜罄慶♂厒撣芻屘她㈱搁刜⇑ 扚傚慷嫀剝儿罄慄兑呖傚芻屘扃壨岕ピ帨丿史匷她吤巨甍ヨ兟揯⇑ ♩呖罄壯╝ 芻屘她夼剝凋凋慆┳ 侜咭罄傝崠芻屘哌呋㛇壩龟丿┓ 屜㛇她失堳罄憤劻帨丿史匷吳噱咕礻甍ヨ⇑ 俏哖搏宄伐┤ 吡傚芻屘她帨丿史匷兟揯罄傲湊傣呋傝崠芻屘嗷侨厹夕她埆㈜扉┓ 慥啥罄崠【芻屘吳噱毘ㄍ⁻ゲ惋她崀扉罄冒抄芻屘她噤夔呀挽罄侈—芻屘她噤夔恢壨ᵛ⁽⇑ 勍▾ 罄傲搵徥傚芻屘扃ㄍ⁻咕叼她岕ピ帨丿史匷吤唤罄動nA▾ 亡忤傚芻屘她噤夔叼哖⇑ 伶嗔罄咤吐吸伉卹忖乙哑傚扇失夼▄ 偳否吹咱岕ピ帨丿勿墠卿否她× 壨⇑

1 资料和方法

/,/ ┆ 崹悚吗

咤嗂娀媲傚恥优憔崕勃掂 0. 0. 兡 / 咔ㄖ 0. 0/ 兡 5 咔咱挽叵噤她扇失夼▄ 罄テ 6. 〕罄区埡芻屘她傲忴呀挽傚ナ狣优乙宦罄乙ㄨ┳ 声宦 2. 〕兢傚ナ偳否吹咱岕ピ帨丿勿墠罄▾ ㊦┼ 宦 2. 〕兢傚ナ冗僈兑循帨丿史匷勿墠⇑ 声宦她壳偕嗺〕┳ 018′5罄兡斃┳ /6 僖ㄖ 50 僖罄优斃暨26,2¤ /. ,3暩僖暻

⊡恺扉┳ 嗷挑吟嬬 / 5 ㈫ザ匹 03 ㈫ザ磬挑优⊡恺扉┳ 嗷挑吟嬬暨00,/ ¤ 0,0暩㈫ザ暻ナ┫ 磬/7 〕峗彍嬝夬夼匆尉尅磬// 〕鱸mV頀嫙匆尉尅磬4 〕劒刜捭佺刜岤匆尉尅磬2 〕処ㄒ峎┓ ダ匆尉⇑ ┼ 宦她壳倍嗺 〕┳ 028⁄4磬兡斃┳ /7 僖匹 5/ 僖磬优斃暨26,6¤ /. ,7暩僖暻⊡恺扉┳ 嗷挑吟嬬 / 5 ㈫ザ匹 04 ㈫ザ磬挑优⊡恺扉┳ 嗷挑吟嬬暨00,3¤ 1,. 暩㈫ザ暻ナ┫ 磬0. 〕峗彍嬝夬夼匆尉尅磬/. 〕鱸mV頀嫙匆尉尅磬3 〕劒刜捭佺刜岤匆尉尅磬3 〕処ㄒ峎┓ ダ匆尉⇑ ┣ 宦她┆ 崹悚吗傚嗺咢徨呉呜儻写暨N暾. ,. 3暩⇑

/,0 宙夕卵掃啥ン

宙夕啥ン暺嫳┆ 磬ダ懹匆尉优壯勃掂扇失妒勿偸叵噤暻嫳┘ 磬揯忏匆尉 1 侨▾ ┐ 吳噱寀ㄅ¯懲搫暻嫳┏ 磬匆尉㊦ナ傻僊傚咤嗂娀媲姬剞磬兢嬓尧姬剞kℓ劂│ 暻嫳仭磬匆尉她┳ 六悚吗傑后暻嫳│ 磬匆尉她刚刜攉墠偕└ 劒刜ゃ丹堳ル忯乙惃慮 6 乙⇑

卵掃啥ン暺嫳┆ 磬伉㊣└ 娀媲ㄟ 1 侨卻㄃慮岕ピ帨ノ史匷噤夔暻嫳┘ 磬侚┛ 保倌咱她俓告暻嫳┏ 磬峎侺崶┳ 懲搫磬┓ 搵徥【壨岕ピ帨ノ她匆尉暻嫳仭磬┫ 惰峡媮咤嗂娀媲她匆尉暻嫳│ 磬卻㄃堡嗣噤夔牣尉呖叹卌夔她匆尉⇑

/,1 吟噱

傚声宦偳否吹咱岕ピ帨ノ勿墠卿否磬┳ 徥ピ傃┳ 暺堂ゴ磬伉傚匆尉勿墠ㄟ磬搵徥响冔寬μℓ吹咱岕ピ帨ノ勿墠僦宦磬僦宦宦抄搵徥壯扇失㈭偕┫ 処嬝墠尉匍◑ 磬僦宦劻Gyル壯扇失妒勿偸她勿墠┗ 傻⇐扇失妒勿㈭攉嬝墠尉⇐帨ノ┗ 娪勿侒⇐帨ノ┗ 娪㈭攉▾ ㊦扇失妒勿偸勿墠■ Gy嫽宦劻⇑ kℓ呀磬僦宦搵徥傚扇失妒勿偸勿侒懲ヨダ揖她佡忥儩× 磬【俑◆ nA▾ 危厖傚匆尉帨ノ搢搁她忯♠吟噱⇐岕ピ帨ノ她憔匪吟噱⇐怗mV搢搁她忯♠吟噱▾ ㊦匆尉屜㄃剃她乙宍└ 侚墠吟噱嫽⇑ ナ嗂磬僦宦劻Gy搵徥啾鹵匆尉她偳捻剞ル磬ㄱ偯傚匆尉憬冶她吹咱岕ピ帨ノ勿墠吟唤⇑ 伉傚匆尉勿墠她慮媝┫ 磬搵徥啾鹵匆尉她夼剞㄃卌磬嫜偕伐怫后匆尉她埆㈜搵徥扉⇑ 呱nm磬伉匆尉攉一⊡凌侚┛ 兟媦她堳分┐ 磬伉ナ懲夕扇失妒勿偸她 26 僦呀ピ密└ 吹咱岕ピ帨ノ⇑ 伉┳ 匆尉尥夕敺岬嬝nm磬嫜偕巖成匆尉她岕ピ帨ノ㎛磬凵俬坎噻憣異┳ 嗷僦呀 03 嘂㈥磬伉愶寍坎噻 02 僦呀nm磬啾鹵匆尉她屜㄃剃憙圁阨撣岕ピ帨ノ㎛她慔噻扉⇑ 伉匆尉卻㄃ 26 僦呀匹 50 僦呀她慔噻nm磬俏哖咢ㄒ墇写兑磬ルnA▾ 傚慔噻憣異阨撣匹嗷僦呀 6. 嘂㈥⇑

┼ 宦ル卻㄃兑循帨ノ史匷噤夔磬┳ 徥ピ傃┳ 暺啾鹵㈭仆┳ 匆尉ㄱ× μℓ慘她岕ピ帨ノㄱ㎛磬壨扉区埡嗷侨嗷㈫ザ⊡扇夼夕 03 ㈫㈜匹 1. ㈫㈜她啥ン懲ヨ忏嬚⇑ 伉傚匆尉彙ゲ岕ピ帨ノ呀虌猛徥区埡嗷僦呀 0. 嘂㈥匹 1. 嘂㈥她憣異懲ヨ坎噻⇑ 伉慷┫ 慮媝┫ 虌傚匆尉她岬嗤壽扉搵徥嗷 4┫ 僦呀忯♠ / 嗂磬俏哖匆尉她岬嗤壽扉┐ ♫┛ 0. . 嘂㈥磬ル搵徥呶呀も嗒量ゲ岕ピ帨ノ暻俏哖匆尉她岬嗤壽扉♫┛ 0. . 嘂㈥磬ルnA▾ 慘冶一憣勃尉呖寔匷㊉憣異┐ ㄷ⇑ 凵俬岕ピ帨ノ慔噻扉┳ 3. . 嘂㈥磬伉慔噻她慮媝┫ 搵徥偵ど復傒匆尉她彙墇磬俏哖匆尉咢丁墇亀ノ┐ 屜㄃失堳磬ルnA▾ 嗷侨侈— 3. . 嘂㈥岕ピ帨ノ磬晏ㄖnA▾ ダ扉彙ゲ岕ピ帨ノ⇑

/,2 復傒匸啥

伉┣ 宦卻㄃勿墠ㄟ⇐nm磬啌呼匆尉她㎓揹帨ノ匸啥暨愰抩廛奶⇐剖廛奶⇐ㄟ奶廛奶暩⇑ kℓ呀磬寁忏匆尉她埆㈜悻啥塺磬忏嬚吟官┳ 暉暨埆㈜夼夕扉¶ 埆㈜峚啥扉暩¨ /. . # 磬忏嬚家哖惃慮 43#┳ 悻啥磬♫┛ 43# ル呖咢悻啥⇑ 兢┘ 磬伉匆尉卻㄃勿墠她慮媝┫ 磬忝冷匆尉她亀ノ┐ 屜㄃失堳暨剌処-C⁄kgmm⇐峻岩⇐峻囑⇐峻夼暩㈜⁄⁄⁄

快剝俏彙 1 勍婗⇑

彙 1 嗺慆┣ 宦勿墠ㄟ⇐nm她埆㈜慥唅塺Ⅵ-&# '[

宦ㄴ	l	勿墠ㄟ		勿墠nm	
		埆㈜慥唅	埆㈜咢慥唅	埆㈜慥唅	埆㈜咢慥唅
声宦	2.	2暨/. ,. . 暩	1暨7. ,. . 暩	0暨43,. . 暩	/暨13,. . 暩
┼宦	2.	4暨/3,. . 暩	1暨63,. . 暩	/暨20,3. 暩	0暨35,3. 暩
X^2	-	. ,235		2,. 51	
N	-	. ,277		. ,. 22	

0,2 嗺慆┣ 宦她 ƀ 掂刱侜剝ル

声宦她咪啉慄嘐【壨呀挽┳ 暨/3,4¤ 4,1暩侨⇐扇失妒勿偷も壽呀挽┳ 暨0. ,0¤ /0,2暩侨⇐ ƀ 掂呀挽┳ 暨06,3¤ /4,1暩侨翳┼ 宦她咪啉慄嘐【壨呀挽┳ 暨/7,0¤ 6,5暩侨⇐扇失妒勿偷も壽呀挽┳ 暨03,4¤ //,2暩侨⇐ ƀ 掂呀挽┳ 暨14,4¤ /7,/暩侨⇑ 嗺慆┣ 宦她 ƀ 掂刱侜剝ル翳声宦优俍╝ ┼ 宦暨r; 0,/0. 翳N; . ,. 15暻r; 0,. 06翳N; . ,. 24暻r; 0,. 2. 翳N; . ,. 23暩⇑

3 讨论

吹咱岕ピ帨ノ匸她呖伉扇失剪屘懟夕扇失妒勿偷她 02 僦呀ㄷ 26 僦呀ピ翳慄慮岬岕憺┳ 剪屘彙ゲ帨ノ學▾ ㊦帨ノ堜恍她兟揯吤巨⇑ 慄慮傚扇失剪屘关壨吹咱岕ピ帨ノ翳┓▌nA▾ ┳ 剪屘彙ゲ惋侺她帨ノ堜恍翳慶nA▾ 【剪屘毘ᶠᵍゲ惋她崀扉翳兎ㄷ剪屘咍俍她傚勷夬夼⇑ 傮ナ呖nA▾ ぇ懟廛奶恍她 μℓ励翳寔匷剪屘嗓兑她慡⊡咪崀翳kℓ呀翳崀侺怫嵛剪屘她岕憺凡攉分寰徼瞽号亂剪屘她岬岕憺ㄖ崀翳阨揮剪屘她シ瓮ㄉ翳【剪屘她▸ 悴孳寁┓ ᶻᶺ兟勸⇑ 埘屙翳扇失剪屘她夼剝凋凋慆┳ 侜咭翳伉傚剪屘关壨吹咱岕ピ帨ノ她慮媝┤ 翳剪屘哌呋ㄒ墇亀ノ┓ 屜ᶻᶺ失堳翳慷傲♂ 傝崠吹咱岕ピ帨ノ吳噱咕礿懟彐翳壤崟搖徥┤ 吡傚剪屘她帨ノ彙ゲ⇑ 慷嫀剝儿♂ 傝崠剪屘嗷侨吳噱厹タゲ惋她埆扉翳兢♂ 傚埆㈜慥唅扉憤励凅中⇑ 剪屘俏哖捹咱罥昆ᶠᵍゲ惋她埆扉翳傲♂ 侧兗阨揮傚剪屘她噤夔採異翳侈一剪屘她搢摑剃翳凅中傚剪屘她噤夔叼哖ᵞᶤ⇑ 傮ナ呖♂ 阨揮剪屘ㄒ墇偁仗偭ㄖ崀韄嫙▾ ㊦惻彉失她搢摑翳慷傚♂㈱㊦ㄷ剪屘她攉一⇑ 勍▾ 翳伉傚剪屘【壨吹咱岕ピ帨ノ她慮媝┤ 翳搵徥傚剪屘懟彐咕叼她勿墠兟揯翳傮ナ呖徥め俍傚剪屘帨ノ搢摑她忯♠翳姴偯剪屘她屜ᶻᶺ剃翳こ怦岕ピ帨ノ史匷崀侺咕礿懟彐⇑ 埘屙翳兑循她岕ピ帨ノ勿墠兟揯昑噱偊伉妻┆ 偯她僕捼剃丁宜嫚翳傚剪屘她帨ノ搢摑▾ ㊦亀ノ┓ 屜ᶻᶺ失堳尔┼揯徨剃翳凋凋臹nA▾ 伉剪屘ㄒ墇妠デ失堳nm翳伉傚剪屘懟彐侚墠翳採▾ ゲ匸ᶠᵍ午勿墠兟揯她× 壨⇑

扚傚慷嫀剝儿翳傚剪屘偳否吹咱岕ピ帨ノ勿墠卿否翳儿nA▾ 咕叼こ掙岕ピ帨ノ史匷她咕礿懟彐翳捨嗒剪屘ㄒ墇亀ノ┓ 屜ᶻᶺ失堳翳 │ 屙懇シㄒ墇劂侠┤ 吡她挪搔翳偳墇匷寍伐┳ 剪屘彙ゲ岕ピ帨ノ翳こ掙剪屘咪⊡傚崀扉她搔嘪翳怫嵛剪屘她慡⊡堳分ᵞᶤ⇑ 咤嗂娀媲家哖┣ 懟彐┐ ♯忄暉嗺慆┣ 宦她亀ノ┓ 屜ᶻᶺ失堳ᶠᵍ攉塺翳声宦♫╝ ┼ 宦暨N瞥. ,. 3暩⇑ 慷怜呉慄慮偳否吹咱岕ピ帨ノ勿墠卿否nA▾ 咕叼拖捨亀ノ┓ 屜ᶻᶺ失堳暩嗺慆┣ 宦勿墠nm她埆㈜慥唅塺翳声宦揮╝ ┼ 宦暨N瞥. ,. 3暩⇑ 慷怜呉慄慮偳否吹咱岕ピ帨ノ勿墠卿否崀侺号亂剪屘她帨ノ堳分暻嗺慆┣ 宦勿墠nm她GHz揹帨ノ匸唅翳声宦优☞╝ ┼ 宦暨N瞥. ,. 3暩⇑ 慷怜呉慄慮偳否吹咱岕ピ帨ノ勿墠卿否崀侺ぇ懟剪屘她夼剝刱侜ᵞᶤ⇑ ┻ 勍▾ nA▾ ᶠᵍ澤慷唗她劤哖翳┳ 徥呖伶┳ 伉吹咱岕ピ帨ノ勿墠卿否┤ 翳崀侺宦冔揮嚶兟她勿墠兟拖儀宦翳儀宦劤Gy崀侺ゲ匸ᶠᵍ午崕慡× 壨翳嬋偕她┳ 剪屘ㄇ偯岕ピ帨ノ史匷吤唤翳こ忤帨ノ史匷她嬋偕刱└ μℓ墠刱⇑ kℓ呀翳崀侺傚勿墠■ Gy懟彐咕叼她佡怐翳【俑◆ 伉傚剪屘懟彐吵兑勿墠她慮媝┤ 翳傚剪屘懟ヨン姴她忯♠翳姴偯剪屘她屜ᶻᶺ刱▾ ㊦搢摑翳㊦呀扃ᶠᵍ咕叼她侚墠└ 怫后卿否ᵞᶤ⇑ 伉傚剪屘勿墠她呀翳慶崀侺ゲ匸展庬剪屘她二⊡剝儿翳啾鹵剪屘她慡⊡刱侜堳分翳μℓ墠她怫后剪屘她埆㈜搔徥扉翳慷唗傲崀侺こ掙剪屘咪⊡傚帨ノ堜恍搔嘪翳兢阨揮剪屘她屜ᶻᶺ刱翳懟┆ 嗕捻♫搢摑╚ ● 她ᶠᵍ攉塺翳 │ 扁【岕ピ帨ノ史匷nA▾ 匷寍懟彐翳捨嗒ㄒ墇劂侠┤ 吡她挪搔⇑

寬┐ 勍憇翳傚扇失夼■ 偳否吹咱岕ピ帨ノ勿墠卿否她× 壨哌┳ 呜帡翳nA▾ 咕叼宇嗓剪屘她亀ノ┓ 屜ᶻᶺ挪搔翳阨揮剪屘她埆㈜慥唅塺翳号亂剪屘她帨ノ堳分翳 │ 扁ぇ【剪屘咍击刱侜ゃ丹翳咕凰徥伉┳ 六┐ 侧ㄉ卽全⇑

参考文献:

Ⅵ[pFcm安*婕揭唾*疳捩捩,吹咱岕ピ帨ノ勿墠吤喚傚扇失夼■ 埆㈜慥唅塺㊦亀ノ┓ 屜ᶻᶺ她ㄟnm傚埡娀媲Ⅵ,岕侠└ 岕ピ帨ノ*0. 0/*06&'801. +013,

Ⅵ0[嘵埡*隼搒*帨(七)呐*該中*盟ᴮᴳ,嶉妁伐(ㄖ)懹匸扇失(ㄖ)儽傚扇失夼■ 帨ノ史匷匸(ㄊ)┳ 六偳否剝儿怫哷└ 匸唖Ⅵ,岕侠└ 岕ピ帨ノ*0. /6*03&4'8120+123,

Ⅵ1[pFcm安*婕揭唾*塼劗㎜³*秣拘*nV屈┳ *疳捩捩,吹咱岕ピ帨ノ屜ᶻᶺ刱匸宎兟揯伉扇失夼■ ┤ 她关壨Ⅵ,岕侠└ 岕ピ帨ノ*0. 0. *05&0'867+71,

Ⅵ2[懣咻仪*恢咔囁*揭嗐(ㄊ)*該津噸*ㄥ╝ 安,ク忤刱♫埆㈜帨ノ伉揮斃劔刱扇失夼■ ┤ 她关壨Ⅵ,偳壨屔兡(ㄖ)偕*0. 0. *1280'8/27+/3/,

Ⅵ3[塼強*淺凰圄*捷壈*ゐ傢搥,吹咱♫埆㈜岕ピ帨ノ史匷伉㈱扇失夼■ ┤ 关壨叼哖她Kcr_匸唖Ⅵ,勿墠娀媲*0. /7*11&'8 526+531,

Ⅵ4[pFcm安*婕揭唾*塼劗㎜³,一傀勿墠叡× ┤ 亀ノ┤ 吡阨揮吹咱岕ピ帨ノ慥唅塺Ⅵ,岕侠└ 岕ピ帨ノ*0. /7*04&'84+5,