

# 分析个性化心理护理在老年脑梗死患者护理中的应用效果

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【摘要】: 目的: 方法:  
76 38 38  
结果:  
SAS SDS  
P 0.05 结论:

【关键词】: SAS SDS

## To Analyze the Effect of Personalized Psychological Nursing in the Nursing of Elderly Patients with Cerebral Infarction

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**Abstract:** Objective: To explore the clinical effect and application value of individualized psychological nursing intervention for elderly patients with cerebral infarction. Methods: A total of 76 elderly patients with cerebral infarction who were treated in our hospital were selected and randomly divided into control group (38 cases, using conventional nursing) and observation group (38 cases, using personalized psychological nursing intervention). The nursing effect of the two groups of patients was analyzed. Results: Both groups of patients achieved certain effects after receiving nursing care, but the observation group after individualized psychological nursing intervention, SAS (Self-rating Anxiety Scale), SDS (Self-rating Depression Scale), Pittsburgh Sleep Scale, patient The compliance was better than that of the control group, and the difference was statistically significant ( $P < 0.05$ ). Conclusion: In the treatment of elderly patients with cerebral infarction, individualized psychological nursing can achieve better results, can improve the patient's psychological state, reduce the patient's negative emotions, improve their sleep quality, and improve their treatment compliance, which has high practical value.

**Keywords:** Senile cerebral infarction; Personalized psychological nursing; SAS; SDS; Pittsburgh sleep scale

76 38  
20 18 68.36± 3.74 38  
22 16 69.13± 3.57  
P 0.05  
55 1.2  
10 75 33  
1.2.1

### 1 对象和方法

#### 1.1

2020.3-2021.3 1

1.22 SAS SDS

1.23

1.24 1

1.25

1.26

1.27

1 2 3

1.3 2 SAS SDS 50 50-59 60-69 70 21

1.4 3 SPSS20.0 "  $\bar{x} \pm s$  "  $\chi^2$  % t P 0.05

2 结果

2.1 SAS SDS SAS SDS P 0.05

1 SAS SDS		$\bar{x} \pm s$	
		SAS	SDS
	38	43.27± 4.35	42.74± 3.26
	38	48.37± 4.69	49.52± 4.31
t	-	4.915	7.734
P	-	0.001	0.001

2.2

P 0.05

2 SAS SDS		$\bar{x} \pm s$	
	38	13.59± 2.16	
	38	8.82± 2.39	
t	-	9.128	
P	-	0.001	

2.3

0.05

P

3		[n % ]		
	38	34 89.47	37 97.37	35 92.11
	38	27 71.05	30 78.95	28 73.68
$\chi^2$	-	4.067	6.176	4.547
P	-	0.044	0.013	0.033

### 3 讨论

[4]

[5]

[6]

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[7]

SAS SDS

P 0.05

整<sup>同</sup>