

研究阶梯式康复护理干预在微创腰椎间盘突出患者术后恢复中的应用效果

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【摘要】: 目的:

2022 2

72

36

方法: 2021 1

结果:

P<0.05 结论:

【关键词】:

To Study the Effect of Step Rehabilitation Nursing Intervention in the Postoperative Recovery of Patients with Minimally Invasive Lumbar Disc Herniation

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Abstract: Objective: To observe the effect of step-based rehabilitation nursing intervention on postoperative recovery of patients with minimally invasive lumbar disc herniation. Methods: A total of 72 patients admitted to our hospital from January 2021 to February 2022 were selected as the research objects and randomly divided into control group and intervention group, with 36 cases in each group. The control group received routine nursing, while the intervention group received step-based rehabilitation nursing. The clinical nursing satisfaction, pain degree, emotional change and lumbar function score of the two groups were compared. Results: There were significant differences between the two groups in each index (P<0.05). Conclusion: The application of step-type rehabilitation nursing model in the recovery process of minimally invasive lumbar disc herniation patients after surgery can reduce their pain, promote the recovery of lumbar function, and improve the satisfaction of clinical nursing.

Keywords: Step rehabilitation nursing; Minimally invasive lumbar disc herniation; Postoperative recovery

± 2.34

P 0.05

1.2

[1]

1.2.1

[2]

1.2.2

1 资料和方法

1.1

2021 1

2022 2

72

1

36

24

19

17

26-57

38.25± 2.11

20

16

25-55

39.68

24

1.3
1
12 0 10 2
100
/ × 100% 3
4

④

10 2-5 1.4
SPSS18.0

2 结果

21

97.22%

80.56% P 0.05 1

1 [n %]

2-3 10min 1
1
10 1 2

	36	20	15	1	97.22
	36	16	13	7	80.56
χ^2					5.063
P					0.024

1

2.2

P<0.05

5 3 2-7

2

2 [n $\bar{x} \pm s$]

2 1 2

	36	9.21± 1.92	28.41± 0.53
	36	9.41± 1.63	21.52± 1.63
t	/	0.476	24.119
P	/	0.635	0.000

3

4 3

2.3

3

3

3 [n $\bar{x} \pm s$]

QQ

	36	6.31± 1.32	0.41± 0.21
	36	6.21± 1.42	0.63± 0.32

5

t	/	0.309	3.449
P	/	0.758	0.001

24

P>0.05

P<0.05

4

4

[n \bar{x} ± s]

	36	65.72± 8.61	23.12± 4.21
	36	66.23± 7.51	44.51± 5.73
t	/	0.268	18.050
P	/	0.790	0.000

2-7

3 讨论

[4]

P<0.05

[5]

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