

健康教育在高血压预防和治疗中的应用价值

崔学进

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【摘要】: 目的:

方法:

180

结果:

$P < 0.05$ 结论:

【关键词】:

Application Value of Health Education in Prevention and Treatment of Hypertension

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Abstract: Objective: After the continuous progress of hypertension, will induce cerebrovascular disease, renal failure and other kinds of symptoms, a serious threat to our national health and life safety. Therefore, the control of hypertension is urgent, for the prevention and treatment of hypertension diseases, health education is very key, this time from the aspect of in-depth research. Methods: Hospital patients receiving cases per year, with separate hypertension disease patients, there are other symptoms of hypertension disease patients, the selected part of patients with high blood pressure as the main body, the observation standard with 180 cases, with an even number taxonomy will patients were divided into different groups, the first group (control group) for routine drug treatment, The second group (observation group) was routine drug intervention plus health education, and the blood pressure control status, life style, treatment compliance, nursing satisfaction and other aspects of the patients were evaluated after intervention. Results: For patients with hypertension, blood pressure control is the key, this clinical intervention on this aspect, some patients in the control group blood pressure level is unstable; Why many patients condition is not good control, the main reason is their way of life, and some patients with long-term drinking, smoking, poor diet, to understand their disease is not comprehensive, etc., are not conducive to their own disease rehabilitation, the targeted therapy intervention on the patients, observation group most of the way of life in patients with good correct; Hypertension itself is a chronic disease, the treatment needs a long process, blood pressure instability, will lead to patients lose confidence in treatment, even resist seeking medical treatment, this behavior is not correct, after this treatment, the observation group of patients have complied with the treatment; The questionnaire was used to investigate the nursing satisfaction, and some patients in the control group reacted to the bad attitude of nursing staff, poor work behavior and dissatisfaction with the nursing ($P < 0.05$). Conclusion: The study shows that health education plays a positive role in the prevention and treatment of hypertension.

Keywords: Prevention and treatment of chronic diseases; Health education; Hypertension prevention; Treatment; Application value

前言

[1]

[3]

1 资料与方法

3

1.1

3 2020 11

180

2019

[4]

64 80 1 40 30 20 40 50 75 12 48 30 5

4

P>0.05

1.3

1.2

1

4 kPa 30 mmHg

45

0.27 kPa

2

4

1

3

" "

4

" "

1.4

180

1

1

service solution 13.0

statistical product and t

P 0.05

2 结果

2.1

P<0.05

1

1

[n

%]

2

	90	21.57 ± 2.54	17.74 ± 1.73	12.84 ± 1.04	10.67 ± 0.83

	90	21.49 ± 2.31	20.47± 1.81	12.91± 1.22	11.27± 0.87
t		0.513	3.313	0.463	2.452
p		0.05	<0.05	0.05	<0.05

22

P<0.05 2

2

[n %]

	73 81.11	64 71.11	81 90.00	71 78.89	86 95.56
	41 45.55	38 42.22	47 52.22	35 38.89	65 75.22
t	3.284	8.561	3.785	3.103	18.12
p	<0.05	<0.05	<0.05	<0.05	<0.05

23

P<0.05 3

3

[n %]

	90	80 88.89	10 11.11	0	82 91.11
	90	27 30.00	44 48.89	19 21.11	64 71.11
t		8.387	9.378	11.373	4.327
p		<0.05	<0.05	<0.05	<0.05

3 讨论

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