

# 信息化延续护理在老年慢性疾病中的应用

周翠萍 彭玲莉 曾霖 胡佳 刘娟  
南充市中心医院 四川 南充 637000

**【摘要】**目的: 探讨基于现代化信息终端技术的延续性护理在老年慢性疾病患者中的应用效果。方法: 选取南充市中心医院 2018 年 10 月~2020 年 8 月期间收治的 100 名老年慢性疾病患者作为研究对象。在遵循患者知情权的基础上通过抛硬币的方式将患者分为试验组 (n=50) 和对照组 (n=50)。对照组实施常规延续性护理, 试验组依托现代信息技术终端设备实施延续性护理, 随访三个月比较两组患者的干预效果。结果: 随访三个月结果显示: 两组患者的焦虑和抑郁状态均得到了改善, 但试验组患者的 SAS、SDS 评分均低于对照组, 组间比较差异有统计学意义 ( $P<0.05$ )。试验组患者的疾病知识知晓率 84.00%, 高于对照组的 64.00% ( $P<0.05$ )。试验组 SF-36 量表中的躯体功能、健康对角色限制、活力和心理健康四个维度的评分均高于对照组 ( $P<0.05$ )。结论: 基于现代信息技术开展院外延续性护理能够更好的改善老年慢性疾病患者的生活质量。

**【关键词】**: 老年慢性疾病; 信息技术; 延续性护理; 生活质量; 心理状态

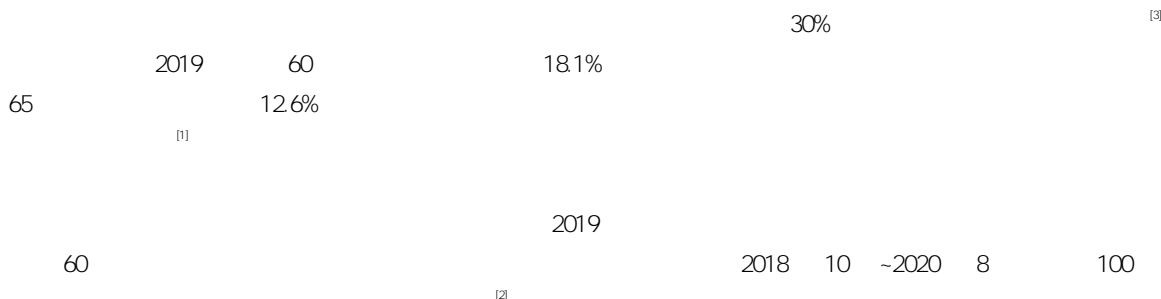
## Application of Information-based Continuation Nursing in Chronic Diseases of the Elderly

Cuiping Zhou Lingli Peng Lin Zeng Jia Hu Juan Liu

Nanchong Central Hospital Sichuan Nanchong 637000

**Abstract:** Objective: To investigate the application effect of continuous nursing care based on modern information terminal technology in patients with chronic diseases in the elderly. Methods: 100 elderly patients with chronic diseases admitted to Nanchong Central Hospital from October 2018 to August 2020 were selected as research subjects. On the basis of following the patient's right to know, the patients were divided into the experimental group (n=50) and the control group (n=50) by flipping a coin. The control group implemented routine continuous nursing care, and the experimental group relied on modern information technology terminal equipment to implement continuous nursing care, and the intervention effect of the two groups of patients was compared for three months. Results: The results of the three-month follow-up showed that the anxiety and depression status of the patients in both groups improved, but the SAS and SDS scores of the patients in the trial group were lower than those of the control group, and the comparison between the groups was statistically significant ( $P<0.05$ ). The disease knowledge awareness rate of patients in the experimental group was 84.00%, which was higher than that of 64.00% in the control group ( $P<0.05$ ). The scores of the four dimensions of physical function, health on role limitation, vitality and mental health in the SF-36 scale of the experimental group were higher than those of the control group ( $P<0.05$ ). Conclusion: Extra-hospital continuity care based on modern information technology can better improve the quality of life of elderly patients with chronic diseases.

**Keywords:** Chronic diseases of the elderly; Information Technology; Continuity care; Quality of life; Mental state



### 1 资料与方法

50% 1.1

2018 10 ~2020 8

100 n=50 31 19 50 40 2

67-81 70.3± 4.4 II 20 <50

16 12 9 50 60 70

7 6 n=50 Self-rating depression scale, SDS [9]

33 17 66-83 71.1± 5.0 20 53

II 17 10 53 63 73

10 8 5 3 SF-36 [6]

36 Physical Functioning

P 0.05 Role-Physical Bodily Pain

1.1.1 General Health Vitality Social

1 65 2 Functioning

3 4 Mental Health 8 100

1.1.2 1.4

1 2 SPSS22.0 " ± "

6 3

4 5 t P 0.05

2 结果

1.2 2.1 84.00% 42/50

64.00% 32/50

X<sup>2</sup>=5.198 P=0.023

2.2

SAS SDS

P 0.05 1

1 SAS SDS  $\bar{X} \pm S$

	SAS		SDS	
	$\bar{X} \pm S$	$\bar{X} \pm S$	$\bar{X} \pm S$	$\bar{X} \pm S$
n=50	54.6± 2.7	45.2± 3.0	56.1± 5.0	42.6± 3.3
n=50	55.0± 3.9	47.1± 4.4	55.8± 5.3	45.9± 4.1
t	0.596	2.523	0.291	4.434
P	0.552	0.013	0.772	0.001

2.3 SF-36

1.3 P 0.05 2

2 SF-36  $\bar{X} \pm S$

	PF	RP	BP	GH	V	SF	RE	MH
(n=50)	81.8± 4.2	80.1± 2.5	81.1± 2.9	76.9± 4.4	78.9± 1.9	75.9± 5.1	80.1± 5.2	77.1± 4.3
(n=50)	78.9± 5.9	78.2± 4.0	80.3± 3.8	76.2± 3.9	76.7± 3.0	74.6± 4.2	78.9± 4.3	74.2± 5.0
<i>t</i>	2.831	2.848	1.183	0.842	4.381	1.391	1.258	2.037
<i>P</i>	0.006	0.005	0.240	0.402	0.001	0.167	0.212	0.044

3 讨论

1

2

3

QQ

1

2

参考文献:

3

[1] . . . . .  
 [J]. ,2020,23(3):289- 294.

[7]

[2] . . . . . " +  
 " [J]. ,  
 2019,22(7):770- 776.

[3] . . . . .  
 [D]. : ,2016

QQ

[4] . . . . . [J]. ,1999,(  
 ):235- 238.

[5] . . . . . [J]. ,1999,(  
 ):194- 196.

[6] Ware JE.SF-36 Health Survey. Manual and Interpretation Guide. Boston.MA.The Health. Institute, 1993.

[7] . . . . . COPD  
 [J]. ,2020,37(3):425- 428.

SAS

[8] . . . . . [J]. ,

SDS

P

2020, 29(19):3631- 3632.

0.05