

# 探讨个性化护理措施在甲状腺手术护理中的运用效果

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**【摘要】**目的: 探究个性化护理措施在甲状腺手术护理中的运用效果。方法: 选取在 2019 年 1 月-2021 年 1 月本院收治的 73 例甲状腺手术患者, 随机分为观察组 37 例(个性化护理措施)、对照组 36 例(常规护理)。结果: 观察组护理满意度较高, 不良情绪、疼痛症状、自主护理能力、生活质量改善更明显 ( $P<0.05$ )。结论: 个性化护理措施在甲状腺手术护理中的运用效果十分显著。

**【关键词】**: 个性化护理措施; 甲状腺手术; 护理效果

## To Explore the Effect of Individualized Nursing Measures in Thyroid Surgery Nursing

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**Abstract:** Objective: To explore the effect of individualized nursing measures in thyroid surgery. Methods: 73 patients with thyroid surgery admitted to our hospital from January 2019 to January 2021 were randomly divided into observation group (37 cases) (individualized nursing measures) and control group (36 cases) (routine nursing). Results: The nursing satisfaction of the observation group was higher, and the improvement of bad mood, pain symptoms, self-care ability and quality of life was more obvious ( $P<0.05$ ). Conclusion: The application of individualized nursing measures in thyroid surgery nursing is very effective.

**Keywords:** Individualized nursing measures; Thyroid surgery; Nursing effect

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### 1 资料与方法

#### 1.1

2019 年 1 月 - 2021 年 1 月 73 例甲状腺手术患者, 随机分为观察组 37 例(个性化护理措施)、对照组 36 例(常规护理)。观察组护理满意度 55.26±6.13, 对照组 55.87±6.19,  $P>0.05$ 。不良情绪、疼痛症状、自主护理能力、生活质量改善更明显 ( $P<0.05$ )。结论: 个性化护理措施在甲状腺手术护理中的运用效果十分显著。

观察组: 23 例, 对照组: 14 例, 观察组: 20 例, 对照组: 16 例,  $P>0.05$ 。

1.2

1.3

1.4

SPSS22.0

"  $\bar{x} \pm s$  " [n(%)]

" t " "  $\chi^2$ "  $P<0.05$

2

2 结果

21

P<0.05 1

1 n(%)

	37	25	11	1	97.30%(36/37)
	36	19	6	9	69.44%(25/36)
$\chi^2$					11.895
P					<0.05

2 SAS SDS  $\bar{x} \pm s$

		SAS		SDS	
	37	59.84± 5.11	41.47± 4.16	60.18± 5.33	40.33± 4.12
	36	60.15± 5.47	50.14± 4.11	60.05± 5.29	50.39± 5.02
t		1.055	16.254	3.655	25.241
P		>0.05	<0.05	>0.05	<0.05

2.2 SAS SDS

P<0.05 2

3 VAS VRS PPI  $\bar{x} \pm s$

		VAS		VRS		PPI	
	37	5.84± 1.24	4.01± 1.01	35.18± 1.35	25.34± 1.02	4.64± 0.74	2.35± 0.36
	36	5.88± 1.25	4.74± 1.11	35.21± 1.64	28.39± 1.38	4.66± 0.59	3.52± 0.44
t		0.023	40.674	0.471	21.492	0.105	21.957
P		>0.05	<0.05	>0.05	<0.05	>0.05	<0.05

24

P<0.05 4

4  $\bar{x} \pm s$

	3	19.78± 4.37	39.38 ± 6.58	17.10± 4.12	32.26 ± 6.19	14.64 ± 3.25	30.25 ± 6.02	17.62± 3.52	36.29± 6.28	69.30± 4.58	138.59± 8.45
	3	19.84± 4.20	32.21 ± 6.20	17.05± 3.92	24.15 ± 5.84	14.68 ± 3.50	21.23 ± 5.86	17.55± 3.30	29.58± 6.02	69.35± 4.28	106.58± 8.25
t		0.083	6.635	0.074	7.973	0.070	8.983	0.121	6.453	0.067	22.678
P		0.05	<0.05	0.05	<0.05	0.05	<0.05	0.05	<0.05	0.05	<0.05

25

P<0.05 5

5  $\bar{x} \pm s$

	37	74.52± 5.68	90.11± 6.35	75.21± 4.57	91.66± 6.33	72.33± 5.16	92.65± 6.04	73.24± 6.02	90.57± 6.33	75.28± 5.17	91.58 ± 7.25
	36	74.65± 5.10	81.84± 5.67	74.96± 5.02	80.48± 6.58	71.98± 4.98	79.36± 5.99	74.05± 5.78	82.64± 6.21	75.48± 5.05	83.24 ± 6.95
t		0.142	8.128	0.308	10.245	0.408	13.071	0.812	7.740	0.231	6.948
P		0.05	<0.05	0.05	<0.05	0.05	<0.05	0.05	<0.05	0.05	<0.05

### 3 讨论

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P<0.05

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