

# 个性化健康教育在健康管理中心实施效果分析

付铃钰 肖 蓓 杨江燕

南充市中心医院 四川 南充 637000

**【摘要】:**目的:探究科学化、个性化健康教育护理在健康管理中心的应用效果。方法:选取本院近一年内(2021.07-2022.06)入院实施健康管理的患者,采用系统抽样随机均分两组的方法进行观察与研究。其中一组为A组,进行常规护理以及健康教育并记录、观察结果;另一组为B组,为患者进行科学化、个性化健康教育护理,并对实验结果做观察记录并报告。结果:B组患者对于健康教育知识掌握的各项评分:入院指导( $15.55 \pm 3.31$ )、疾病相关用药及饮食知识( $48.69 \pm 8.47$ )、检查指导( $15.43 \pm 3.66$ )均高于A组的( $13.26 \pm 3.31$ )、( $40.54 \pm 7.21$ )、( $12.32 \pm 3.52$ );而B组患者经过护理后SAS焦虑评分( $45.18 \pm 1.34$ )、SDS抑郁评分( $48.80 \pm 1.32$ )则低于A组的( $52.83 \pm 5.15$ )、( $55.22 \pm 5.42$ ),表示B组患者心理状态更好;对于护理的综合满意度,B组患者满意度为96.77%,共计30例,此项数据高于A组的80.65%、25例。结论:在健康管理中心实施科学化、个性化健康教育护理,更有利于患者对于健康教育掌握度的提升,患者心理状态、护理满意度有效改善,方法有效,值得推广。

**【关键词】:**健康教育;健康管理中心;满意度

## Effect Analysis of Individualized Health Education in Health Management Center

Lingyu Fu Bei Xiao Jiangyan Yang

Nanchong Central Hospital Sichuan Nanchong 637000

**Abstract:** Objective: To explore the application effect of scientific and personalized health education nursing in health management center. Methods: The patients admitted to our hospital for health management in the past year (2021.07-2022.06) were selected and randomly divided into two groups by systematic sampling for observation and research. One group was group A, which received routine nursing and health education and recorded and observed the results; The other group was group B, which carried out scientific and personalized health education and nursing for patients, and observed and reported the experimental results. Results: The scores of admission guidance ( $15.55 \pm 3.31$ ), disease related medication and diet knowledge ( $48.69 \pm 8.47$ ), examination guidance ( $15.43 \pm 3.66$ ) in group B were higher than those in group A ( $13.26 \pm 3.31$ ), ( $40.54 \pm 7.21$ ), ( $12.32 \pm 3.52$ ); The SAS anxiety score ( $45.18 \pm 1.34$ ) and SDS depression score ( $48.80 \pm 1.32$ ) of patients in group B after nursing were lower than those in group A ( $52.83 \pm 5.15$ ) and ( $55.22 \pm 5.42$ ), indicating that patients in group B had better psychological status; For the comprehensive satisfaction of nursing, the satisfaction of patients in Group B was 96.77%, a total of 30 cases, which was higher than 80.65% and 25 cases in Group A. Conclusion: The implementation of scientific and personalized health education and nursing in the health management center is more conducive to the improvement of patients' mastery of health education, the effective improvement of patients' psychological status and nursing satisfaction. The method is effective and worthy of promotion.

**Keywords:** Health education; Health management center; Satisfaction

[1]

[2]

## 1 资料和方法

### 1.1

2021.07- 2022.06

1-1

1-1		n		$\bar{X} \pm S$		
		A	31	B	31	P
		18		17		0.05
		13		14		
		42		44		0.05
		68		67		
		53.56± 3.25		53.57± 3.36		
		15		14		0.05
		42		44		
		26.54± 2.72		26.82± 2.26		
		8		7		0.05
		9		8		
		14		16		

P 0.05

1.2

1.21 A

[3]

1.22 B

5

7

2-2  $\bar{x} \pm s$

	n	SAS		SDS	
A	31	59.34± 1.63	52.83± 5.15	62.44± 1.30	55.22± 5.42
B	31	58.21± 1.74	45.18± 1.34	62.59± 1.14	48.80± 1.32
t		0.359	8.328	0.236	8.254
P		0.05	0.05	0.05	0.05

[4]

2.3

B

A  $\chi^2=12.342$  P 0.05 2-3

2-3 n %

	N				
A	31	16 51.61%	9 29.03%	6 19.35%	25 80.65%
B	31	23 74.19%	7 22.58%	1 3.23%	30 96.77%
$\chi^2$					12.342
P					0.05

1.3

SPSS22.0  $t$   $\chi^2$  P 0.05

## 2 结果

2.1

B  
A P 0.05 2-1

2-1

$\bar{x} \pm s$

	N			
A	31	13.26± 3.31	40.54± 7.21	12.32± 3.52
B	31	15.55± 3.31	48.69± 8.47	15.43± 3.66
t		8.265	13.249	9.612
P		0.05	0.05	0.05

2.2

B A

2-2

## 3 结论

[5]

B

15.55± 3.31

48.69± 8.47

15.43

± 3.66 A

13.26± 3.31 40.54± 7.21

12.32± 3.52 B

SAS 45.18

± 1.34 SDS

48.80± 1.32 A 52.83

± 5.15

55.22± 5.42 B

B 96.77%

30

A 80.65% 25 B

A

参考文献:

- [1] [J]. ,2021,19(05):149- 151. [4] [J]. ,2020,18(07):150+153.
- [2] [J]. ,2020,8(35):55- [5] [J]. ,2019(06):759- 761.
56. [3] [J]. ,2016, 16 (40):282- 283.