

# 老年癌症患者护理中营养风险预警管理的应用

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**【摘要】**目的: 研究老年癌症患者护理中营养风险预警管理的应用。方法: 分析 2020 年 3 月-2021 年 8 月我院收治的 120 例老年癌症患者, 采用双盲法分成两组, 各 60 例。本研究常规组患者配合综合性护理干预措施, 实验组患者在常规护理干预方式的基础上联合营养风险预警管理模式, 对比两组患者护理满意度、体重指数、营养评分, 以及营养学指标评分。两组患者均已经过癌症类型分析, 并经过 CT、MIR 等影像学检查确诊, 可配合临床护理工作。部分胃肠道严重畸形、患者癌细胞扩散至全身, 或有严重精神障碍性疾病患者, 因达到排除标准, 均未参与本次研究。结果: 常规组护理主要采用综合性护理干预措施, 为患者提供心理、饮食、用药、生活干预护理等干预措施, 帮助患者稳定情绪, 提升身体机能, 坚持服药, 稳定病情, 并降低患者癌症引发的慢性疾病并发症, 以及便秘、疼痛等并发症。实验组患者在常规组综合性护理干预措施的基础上, 联合营养风险预警管理措施, 护理期间建立风险预警管理小组、针对患者开展风险预测、进行针对性的风险预防、制定护理期间营养计划、定期开展阶段护理总结, 在保证患者基础护理体验的前提下, 加强营养风险预警, 保证患者营养符合标准要求, 为患者提供更加有针对性的营养供应方案, 提升护理水平。本研究针对患者护理满意度、体重指数、营养评分、营养学指标进行对比研究, 记录患者干预前后评分参数, 调查患者护理后满意度。研究结果中, 两组患者在护理前各项参数均无明显差异 ( $p>0.05$ ), 护理后护理满意度: 常规组护理有效率为 78.33%, 实验组为 95%; 体重指数: 两组患者体重指数均已在正常评分范围内, 且实验组评分更接近标准评分, 实验组护理效果相对较好; 营养学指标: 护理后实验组三酰甘油、总胆固醇、白蛋白记录有明显变化, 且各项评分优于常规组, 差异有统计学意义 ( $P<0.05$ )。结论: 老年癌症患者护理中营养风险预警管理的应用效果良好, 具有临床推广价值。

**【关键词】**: 老年癌症; 护理; 营养; 风险预警管理; 应用

## Application of Nutritional Risk Early Warning management in the care of elderly cancer patients

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**Abstract:** Objective: To study the application of nutrition risk early warning management in nursing care of elderly cancer patients. Methods: 120 elderly cancer patients admitted to our hospital from March 2020 to August 2021 were analyzed. They were divided into two groups by double blind method, 60 patients in each group. In this study, patients in the conventional group cooperated with comprehensive nursing intervention measures, and patients in the experimental group combined with nutrition risk early warning management mode on the basis of conventional nursing intervention methods to compare the nursing satisfaction, body mass index, nutrition score, and nutrition index score of patients in the two groups. Both groups of patients have been diagnosed by CT, MIR and other imaging examinations after cancer type analysis, and can cooperate with clinical nursing work. Some patients with severe gastrointestinal malformations, cancer cells spreading to the whole body, or with severe mental disorders, because they met the exclusion criteria, did not participate in this study. Results: Comprehensive nursing intervention measures were mainly adopted in the routine group to provide psychological, diet, medication, life intervention and other interventions for patients, help patients stabilize their emotions, improve their physical functions, adhere to medication, stabilize their condition, and reduce the chronic disease complications caused by cancer, as well as constipation, pain and other complications. On the basis of comprehensive nursing interventions in the conventional group, the patients in the experimental group combined with nutrition risk early warning management measures to establish a risk early warning management team during the nursing period, carry out risk prediction for patients, carry out targeted risk prevention, formulate nutrition plans during the nursing period, and regularly carry out stage nursing summary. On the premise of ensuring the basic nursing experience of patients, strengthen nutrition risk early warning, and ensure that patients' nutrition meets the standard requirements, Provide more targeted nutrition supply programs for patients to improve the

nursing level. This study conducted a comparative study on patients' satisfaction with nursing, body mass index, nutritional score and nutritional indicators, recorded the scoring parameters of patients before and after intervention, and investigated patients' satisfaction with nursing. The results showed that there was no significant difference in the parameters between the two groups before and after nursing ( $p>0.05$ ); Body mass index: the body mass index of the two groups of patients has been within the normal scoring range, and the score of the experimental group is closer to the standard score, and the nursing effect of the experimental group is relatively good; Nutritional indicators: After nursing, the records of triacylglycerol, total cholesterol and albumin in the experimental group changed significantly, and the scores were better than those in the conventional group, with a statistically significant difference ( $P<0.05$ ). Conclusion: The application of nutrition risk early warning management in nursing care of elderly cancer patients has good effect, and has clinical promotion value.

**Keywords:** Cancer of the elderly; Nursing; Nutrition; Risk early warning management; Application

	2
[1]	
[2]	3
[3]	4
[4]	1
[5]	4
[6]	2
1 一般资料和方法	NRS2002
1.1	3
2020 3 - 2021 8	120
60	30
30	65- 82
75.65± 1.22	
0.5- 3	1.32± 0.33
20	20
20	34
26	67- 81
73.33± 1.05	4
0.7- 4	2.09± 0.12
20	20
1.	CT MIR
2	
1.	2
3.	
P 0.05	[7]
1.2	5
1	

1.3

2.3

p 0.05

P 0.05

= + / × 3

cm 150 × 0.6 50  
 18.5- 24.99 25- 28 32 18.5  
 kg  
 NRS2002

	n	[x̄ ± s]		
	60	1.33 ± 0.33	4.32 ± 0.89	35.36 ± 4.13
	60	1.12 ± 0.02	3.26 ± 0.62	30.29 ± 3.45
t		4.920	7.569	7.298
p		0.000	0.000	0.000

### 3 讨论

1.4

SPSS18.00  
 $\bar{x} \pm s$  t P 0.05

[9]

### 2 结果

[9]

2.1

p 0.05

78.33% 95%  
 P 0.05 1

[10]

	n	[n/(%)]		
	60	35	12	13 78.33
	60	45	12	3 95.00
$\chi^2$				6.300
P				0.012

78.33% 95%

2.2

p 0.05

P 0.05 2

p 0.05

	n	[x̄ ± s]	
	60	15.69 ± 2.68	24.36 ± 1.33
	60	15.98 ± 3.33	20.68 ± 1.15
t		0.525	16.212
p		0.600	0.000

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