

# 循证护理在普外科护理中的临床分析

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**【摘要】**目的: 探讨循证护理在普外科护理中的临床效果。方法: 以 2022 年 1 月至 2022 年 6 月间我院收入的 60 例普外科患者作为研究对象, 将所有患者随机均分为参照组 (30 例) 和研究组 (30 例), 给予参照组患者常规护理, 给予研究组患者循证护理, 分析两组患者临床指标与疼痛情况。**结果:** 经护理, 研究组患者不良情绪改善情况、护理满意度均明显高于参照组, 且疼痛分级情况显著优于参照组, 差异均具有统计学意义 (P<0.05)。**结论:** 对普外科患者采用循证护理可有效提高医疗质量, 可改善患者不良情绪、疼痛情况, 可提高患者的护理满意度, 有利于患者术后恢复, 具有明显护理效果, 值得进一步推广。

**【关键词】**循证护理; 普外科; 护理; 临床效果

## Clinical Analysis of Evidence-based Nursing in General Surgery

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**Abstract:** Objective: To explore the clinical effect of evidence-based nursing in general surgery. Methods: 60 patients in general surgery from January 2022 to June 2022 in our hospital were taken as the research object. All patients were randomly divided into the reference group (30 cases) and the study group (30 cases). Routine nursing care was given to patients in the reference group, and evidence-based nursing care was given to patients in the study group. Clinical indicators and pain conditions of patients in the two groups were analyzed. Results: After nursing, the improvement of bad mood and nursing satisfaction of patients in the study group were significantly higher than those in the reference group, and the pain grading was significantly better than that in the reference group, with statistically significant differences (P<0.05). Conclusion: The use of evidence-based nursing for patients in general surgery can effectively improve the quality of medical care, improve patients' bad mood and pain, improve patients' satisfaction with nursing, and help patients recover after surgery. It has obvious nursing effects and is worth further promotion.

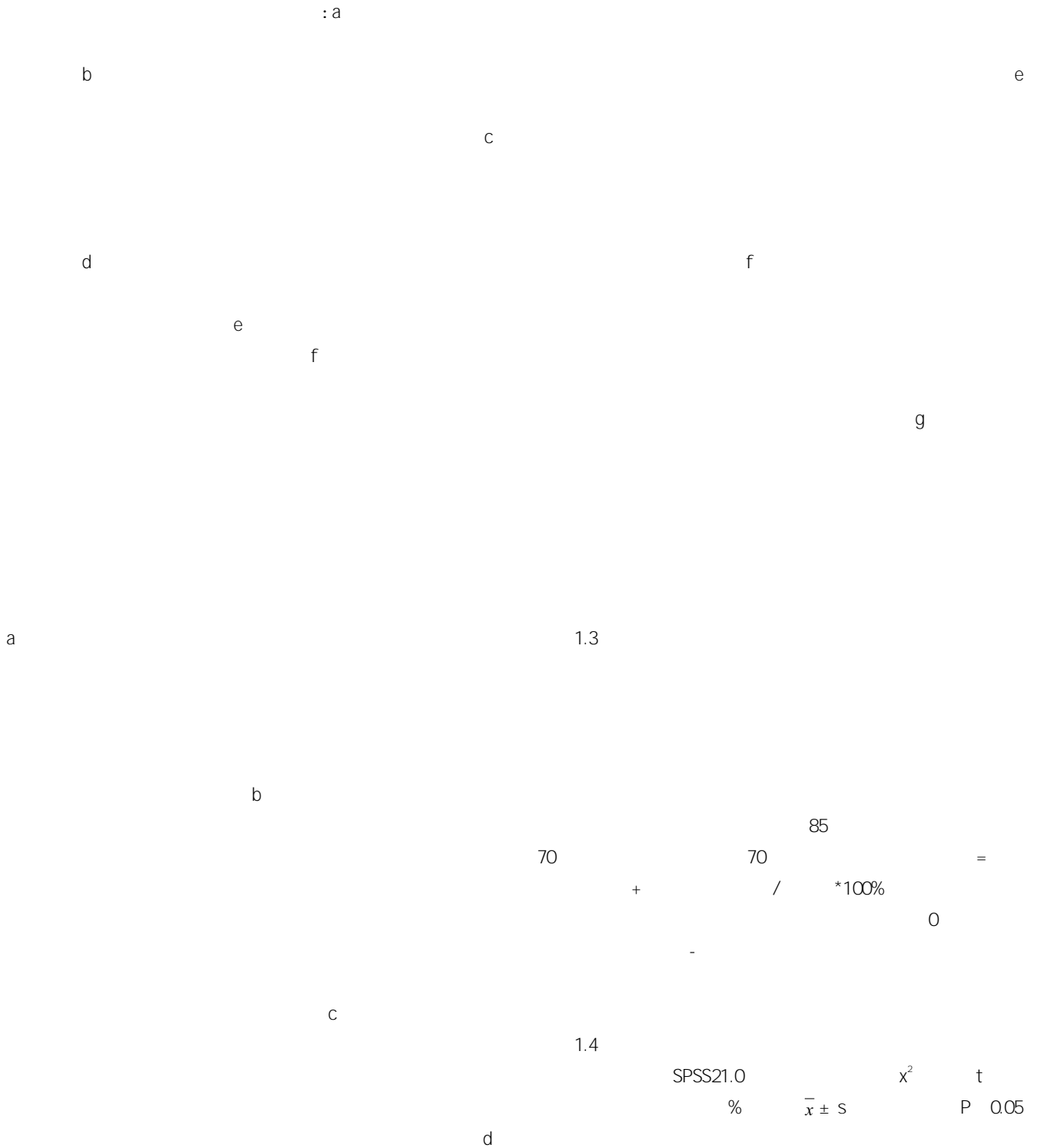
**Keywords:** Evidence based nursing; General surgery; Nursing; Clinical effect

	53.47± 3.88				5
	5	2	1		2
	14	16			21~77
	51.45± 2.57				4
[1]	5	3		2	1
		[2-3]			P
					0.05

### 1 一般资料与方法

#### 1.1

	2022	1	2022	6	60
					30
	15	15			1.2
				22-76	



## 2 结果

[4-6]

2.1

P 0.05

1  $\bar{x} \pm s$

	n	SDS	SAS
	60	54.22± 3.37	50.42± 2.58
	60	32.98± 2.14	34.21± 3.14
t	-	41.213	30.896
P	-	0.000	0.000

[7-8]

2.2

P 0.05

2 [n % ]

	n				
	60	16 26.67	24 40.00	20 33.33	40 66.67
	60	29 48.33	27 45.00	4 6.67	56 93.33
$\chi^2$	-	9.408	0.512	21.125	21.125
P	-	0.002	0.474	0.000	0.000

P 0.05

2.3

P 0.05

3 [n % ]

	N	O			
	60	15 25.00	15 25.00	20 33.33	10 16.67
	60	27 45.00	25 41.67	5 8.33	3 5.00
$\chi^2$	-	8.791	6.486	19.175	7.354
P	-	0.003	0.011	0.000	0.000

## 3 结论

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