

重症监护室肠内营养患者中同范护理的应用

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【摘要】目的: 研究给予重症监护室肠内营养患者同质化规范管理, 分析该护理模式的效果。方法: 随机抽取 2021 年 1 月到 2022 年 3 月重症监护室肠内营养患者, 数量为 41 例, 按照掷硬币法分组, 基础组 20 例使用基础护理, 综合组 21 例运用同质化规范护理, 分析应用效果。结果: 综合组不良事件发生率、非计划性拔管率以及营养管堵塞率低于基础组 ($P < 0.05$); 护理前, 生活品质无差异 ($P > 0.05$), 护理后, 综合组高于基础组 ($P < 0.5$)。结论: 针对重症监护室肠内营养患者使用同质化规范护理, 可以减少出现肠内营养有关不良事件, 降低发生营养管堵塞等事件的几率, 提升患者整体生活品质, 使其正常生活不受到较大的影响。

【关键词】: 同质化规范护理; 重症监护室; 肠内营养

Application of the Same Model of Care in Enteral Nutrition Patients in the Intensive Care Unit

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Abstract: Objective: To study the homogenized and standardized management of enteral nutrition patients in ICU, and analyze the effect of this nursing mode. Methods: 41 patients with enteral nutrition in the intensive care unit were randomly selected from January 2021 to March 2022. They were divided into two groups according to the coin toss method. 20 patients in the basic group used basic nursing, and 21 patients in the comprehensive group used homogenized and standardized nursing. The application effect was analyzed. Results: The incidence of adverse events, unplanned extubation and nutrient tube blockage in the comprehensive group were lower than those in the basic group ($P < 0.05$); Before nursing, there was no difference in quality of life ($P > 0.05$). After nursing, the comprehensive group was higher than the basic group ($P < 0.5$). Conclusion: Homogeneous and standardized nursing for enteral nutrition patients in intensive care unit can reduce the occurrence of enteral nutrition related adverse events, reduce the probability of occurrence of nutrition tube blockage and other events, improve the overall quality of life of patients, and make their normal life not be greatly affected.

Keywords: Homogenizing normative care; ICU; Enteral nutrition

1 资料和方法

1.1

	2021	1	2022	3
	41			20
12	8	40~76		53.21± 2.62
21		13	8	41~77
				54.65± 2.50
				P 0.05
		1		
2				3
		1		
		2		3

1.2

2.2

P

0.05 2
2

[n %]

	20	8 40.00	7 35.00
	21	1 4.76	1 4.76
x ²	/	7.425	6.150
P	/	0.006	0.01

10

2.3

P 0.05

P 0.5 3

3 [n $\bar{x} \pm s$]

	20	72.25 \pm 3.05	83.54 \pm 1.20
	21	72.45 \pm 3.33	94.12 \pm 2.96
t	/	0.200	14.857
P	/	0.842	0.000

1.3

3 讨论

10

10 100

1.4

SPSS18.0

2 结果

2.1

P 0.05 1

1 [n %]

	20	2	2	4	40.00
	21	0	0	1	4.76
x ²	/	/	/	/	7.425
P	/	/	/	/	0.006

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