

高血脂等慢性病患者应用健康管理的效果观察

杨江燕 李庆华 李 凤

南充市中心医院 四川 南充 637000

【摘要】目的: 探究高血脂等慢性病患者应用健康管理的控制效果。方法: 选取本院近一年(2021.05-2022.06)入院进行治疗的高血脂等慢性病患者, 进行系统抽样随机均分两组的方法进行实验观察与研究。其中一组为 A 组, 进行常规护理并记录、观察结果; 另一组为 B 组, 为病患进行强化健康管理干预, 进行实验结果观察记录并报告。结果: 在客观背景条件相同的情况下, 经过了强化健康管理干预的 B 组病患健康知识掌握评分(27.67±4.04) 高于 A 组的(19.43±6.07), 代表 B 组病患对于健康教育的效果更佳; 而生活质量方面, B 组病患的心理功能(45.99±1.55)、身体健康(45.02±1.26)、社会功能(46.08±1.55) 评分均高于 A 组的(32.34±2.23)、(31.13±2.35)、(31.13±2.96), 表示 B 组病患的生活质量更佳。从数据结果上来看, B 组各项实验观察指标结果均优于 A 组病患, 且 P<0.05 具有统计学意义。结论: 在高血脂等慢性病患者的治疗与护理中, 对病患进行健康管理干预更有利于病患康复, 慢性病控制效果有效提升, 方法有效, 值得推广。

【关键词】: 高血脂; 慢性病; 健康管理

Effect of Health Management on Patients with Chronic Diseases Such as Hyperlipidemia

Jiangyan Yang Qinghua Li Feng Li

Nanchong Central Hospital Sichuan Nanchong 637000

Abstract: Objective: To explore the control effect of health management in patients with chronic diseases such as hyperlipidemia. Methods: The patients with hyperlipidemia and other chronic diseases admitted to our hospital in recent one year (2021.05-2022.06) were selected for systematic sampling and randomly divided into two groups for experimental observation and research. One group was group A, which received routine nursing care and recorded and observed the results; The other group was group B, which carried out intensive health management intervention for patients, observed and recorded the experimental results and reported them. Results: Under the same objective background conditions, the health knowledge mastery score of patients in group B who had undergone intensive health management intervention (27.67 ± 4.04) was higher than that of patients in group A (19.43 ± 6.07), representing that patients in group B had better effect on health education; In terms of quality of life, the scores of psychological function (45.99 ± 1.55), physical health (45.02 ± 1.26) and social function (46.08 ± 1.55) of patients in group B were higher than those of patients in group A (32.34 ± 2.23), (31.13 ± 2.35) and (31.13 ± 2.96), indicating that the quality of life of patients in group B was better. From the data results, the results of all experimental observation indicators in Group B were better than those in Group A, and P<0.05 was statistically significant. Conclusion: In the treatment and nursing of patients with chronic diseases such as hyperlipidemia, health management intervention on patients is more conducive to patient rehabilitation, and the effect of chronic disease control is effectively improved. The method is effective and worthy of promotion.

Keywords: Hyperlipidemia; Chronic disease; Health management

80%

1 资料和方法

1.1

2021.05- 2022.06

18

84

10%

(1)

1-1		42		1-1	
		n	$\bar{x} \pm s$		
	A	42		B	42
		24		27	0.05
		18		15	
		42		44	0.05
		75		73	
		55.56± 4.25		55.57± 4.36	
		0.5		1	0.05
		6		5	
		3.54± 1.72		3.82± 1.26	
		14		13	0.05
		19		19	
		11		12	
		14		15	0.05
		13		14	
		15		13	

P 0.05

1.2

A

B

[2]

[3]

[4]

1.3
SPSS22.0 t P 0.05

2 结果

2.1

B
A B
2-1

2-1		$\bar{x} \pm s$			
	N			t	P
A	42	11.62± 3.27	19.43± 6.07	14.568	0.05
B	42	11.58± 3.25	27.67± 4.04	27.856	0.05
t		0.412	10.785	\	
P		0.05	0.05		

2.2

B
A B
2-2

2-2		$\bar{x} \pm s$			
		A 42	B 42	t	P
		25.33± 1.21	25.98± 1.01	0.148	0.05
		32.34± 2.23	45.99± 1.55	43.653	0.05
		22.02± 2.14	22.04± 2.15	0.131	0.05
		31.13± 2.35	45.02± 1.26	54.796	0.05
		20.23± 1.18	20.25± 1.16	0.168	0.05
		31.13± 2.96	46.08± 1.55	58.943	0.05

3 结论

" "

B 27.67± 4.04
A 19.43± 6.07 B
B 45.99±
1.55 45.02± 1.26 46.08± 1.55
A 32.34± 2.23 31.13± 2.35 31.13
± 2.96 B
B A P 0.05

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