

# 冰囊冷敷在四肢创伤及骨折早期和骨折术后早期的效果

## 观察

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**【摘要】**目的: 观察骨折早期、骨折术后早期及四肢创伤中应用冰囊冷敷的效果。方法: 基于随机颜色球抽取法下, 将 88 例四肢创伤及骨折早期患者 (我院 2020 年 6 月-2021 年 7 月收治) 均分为人数相等的 2 组; 1 组为接受常规治疗护理干预的传统组 (n=44), 1 组为接受常规治疗护理干预+冰囊冷敷的实验组 (n=44); 对比评价 2 组治疗护理效果。结果: 相对于传统组, 实验组伤后及术后 48 小时、72 小时患肢肿胀值、伤后及术后 24 小时、48 小时、72 小时患肢疼痛评分显著较低, 住院时间显著较短, 护理满意度较高; 组间具备统计学意义 ( $P<0.05$ )。结论: 在有效改善四肢创伤及骨折早期和骨折术后早期患者局部肿胀和疼痛程度、缩短患者康复周期, 提升患者对临床治疗护理工作的满意程度方面, 冰囊冷敷的应用有着积极意义, 建议推广。

**【关键词】**四肢创伤; 骨折早期; 骨折术后早期; 冰囊冷敷

## Observation on the Effect of Ice Bag Cold Compress in the Early Stage of Limb Trauma and Fracture and the Early Stage after Fracture Operation

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**Abstract:** Objective: To observe the effect of ice pack on early fracture, early postoperative period and limb trauma. Methods: Based on the method of random color ball extraction, 88 patients with early limb trauma and fracture (admitted in our hospital from June 2020 to July 2021) were divided into two groups with equal numbers; The first group was the traditional group receiving routine treatment and nursing intervention (n=44), and the first group was the experimental group receiving routine treatment and nursing intervention+ice bag cold compress (n=44); The therapeutic and nursing effects of the two groups were compared and evaluated. Results: Compared with the traditional group, the experimental group had significantly lower swelling values of affected limbs after injury and 48 hours and 72 hours after surgery, and lower pain scores of affected limbs after injury and 24 hours, 48 hours and 72 hours after surgery, significantly shorter hospital stay, and higher nursing satisfaction; There was statistical significance between groups ( $P<0.05$ ). Conclusion: The application of ice bag cold compress has positive significance in effectively improving the local swelling and pain degree of patients in the early stage of limb trauma and fracture and the early stage after fracture surgery, shortening the rehabilitation cycle of patients, and improving the satisfaction of patients with clinical treatment and nursing work, and it is recommended to promote.

**Keywords:** Limb trauma; Early fracture; Early after fracture operation; Ice bag cold compress

[1]

[2]

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### 1 基线资料和方法

1.1

2020 6 - 2021 7  
n=44 1 n=44 1.3  
23 21 52.27% 47.73% 1.3.1  
16 71 43.51± 2.23 VRS— 2  
11 25.00% 11 25.00% 24 48 72  
6 13.64% 8 18.18% 0-6  
5 11.36% / 3 6.82% 1.3.2  
24 20 24 48 72  
54.55% 45.45% 17 72 44.53 2 /  
± 2.46 12 27.27% 10 2 24 48  
22.73% 5 11.36% 9 72  
20.45% 6 13.64% /  
2 4.55% P 1.3.3  
0.05 1.3.4

1.2

1.2.1

1.2.2

44 + 30 30  
/ 15 72 15

96-120 2 76-96 76 /44\*  
= +

1.4

SPSS21.00

$\bar{x} \pm s$  t

$\chi^2$  P<0.05

### 2 结果

21 2 48  
1 P<0.05  
72 [n  $\bar{x}$   
1 2 ± s cm]

		24h	48h	72h	24h	48h	72h
	44	3.53 ± 0.42	2.17 ± 0.25	1.99 ± 0.31	3.45 ± 0.31	1.93 ± 0.27	1.53 ± 0.22
	44	3.04 ± 0.87	1.52 ± 0.10	1.22 ± 0.06	3.54 ± 0.81	1.25 ± 0.08	1.04 ± 0.03
t	/	1.305	16.01 3	16.17 6	0.688	16.01 8	14.63 9
P	/	0.196	0.000	0.000	0.493	0.000	0.000

2.2 2  
 2 24  
 48 72  
 P<0.05  
 2 2 [n  
 $\bar{x} \pm s$  ]

		24h	48h	72h	24h	48h	72h
	44	4.09 ± 1.03	3.47 ± 0.31	2.67 ± 0.61	4.32 ± 0.98	3.43 ± 0.70	2.50 ± 0.46
	44	3.04 ± 0.87	2.14 ± 0.61	1.67 ± 0.48	3.54 ± 0.81	2.44 ± 0.64	1.76 ± 0.54
t	/	5.166	12.89 3	8.546	4.069	6.924	6.920
P	/	0.000	0.000	0.000	0.000	0.000	0.000

/  
/  
/  
/

2.3 2  
 3

P<0.05

3 2 [n  $\bar{x} \pm s$  .d]

		44	22.62± 2.84
		44	16.41± 1.32
t	/		13.153
P	/		0.000

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2.4 2  
 4

P<0.05

4 2 [n(%)]

	44	21 47.73	13 29.55	10 22.73	34 77.27
	44	32 72.73	10 22.73	2 4.55	42 95.45
$\chi^2$	/	/	/	/	6.175
P	/	/	/	/	0.013

48 72  
 2.17± 0.25 1.99± 0.31  
 1.93± 0.27 1.53± 0.22cm 1.52± 0.10 1.22± 0.06  
 1.25± 0.08 1.04± 0.03cm 24  
 48 72 4.09  
 ± 1.03 3.47± 0.31 2.67± 0.61 4.32± 0.98 3.43± 0.70  
 2.50± 0.46 3.04± 0.87 2.14± 0.61 1.67± 0.48  
 3.54± 0.81 2.44± 0.64 1.76± 0.54  
 22.62± 2.84d 16.41

### 3 讨论

± 1.32d  
77.27%                      95.45%  
P<0.05

**参考文献:**

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