

妇产科护理中的人文关怀与心理护理探讨分析

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【摘要】目的: 探究妇产科护理中的人文关怀与心理护理的应用效果。方法: 选取本院妇产科近一年(2020.05-2022.05)来院进行治疗的患者, 进行分组对比的方法进行实验观察与研究。其中一组为 A 组, 进行常规护理并观察记录结果; 另一组为 B 组, 采用人文关怀与心理护理干预, 进行观察报告。结果: 在无其他客观因素干扰时, 经过护理干预后 B 组患者的 SAS 焦虑评分 (32.18 ± 2.34)、SDS 抑郁评分 (31.80 ± 4.32)、SCL-90 症状量表评分 (1.14 ± 0.35) 均低于 A 组患者的 (47.83 ± 4.15)、(45.22 ± 5.42)、(2.07 ± 0.48), 表示 B 组病患心理状态更好, 症状改善更佳。而 B 组患者对于护理的综合满意度(非常满意+基本满意)为 98.04%, 共计 50 例, 此项数据则高于 A 组的 86.27%、44 例。从两组患者的护理效果各项实验观察数据来看, B 组均优于 A 组。结论: 在妇产科患者护理中实行人文关怀与心理护理干预, 能有效改善科室内患者的护理效果, 患者心理状态以及临床症状改善均有所提升, 并且能有效提高患者对于护理的综合满意度。此法甚为有效, 应值得在临床护理中大力推广。

【关键词】: 妇产科; 人文关怀; 心理护理

Discussion and Analysis of Humanistic Care and Psychological Nursing in Gynecology and Obstetrics Nursing

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Abstract: Objective: To explore the application effect of humanistic care and psychological nursing in obstetrics and gynecology nursing. Methods: The patients who came to our hospital for treatment in the past year (2020.05-2022.05) were selected for experimental observation and research by grouping and comparing. One group was group A, receiving routine nursing care and observing and recording the results; The other group was group B, which used humanistic care and psychological nursing intervention to observe and report. Results: Without the interference of other objective factors, the SAS anxiety score (32.18 ± 2.34), SDS depression score (31.80 ± 4.32) and SCL-90 symptom scale score (1.14 ± 0.35) of patients in group B were lower than those of patients in group A (47.83 ± 4.15), (45.22 ± 5.42) and (2.07 ± 0.48) after nursing intervention, indicating that patients in group B had better psychological status and better symptom improvement. The comprehensive satisfaction (very satisfied+basically satisfied) of patients in Group B was 98.04%, with a total of 50 cases, which was higher than 86.27% and 44 cases in Group A. From the experimental observation data of the nursing effect of the two groups of patients, group B is better than group A. Conclusion: The implementation of humanistic care and psychological nursing intervention in the nursing of patients in gynecology and obstetrics can effectively improve the nursing effect of patients in the department, improve the psychological status and clinical symptoms of patients, and effectively improve the comprehensive satisfaction of patients with nursing. This method is very effective, and should be vigorously promoted in clinical nursing.

Keywords: Obstetrics and Gynecology; Humanistic care; Mental nursing

[2]

1 资料和方法

1.1

2020.05 2022.05

102

51

		1-1		
		A	B	P
		51	51	0.05
		20	19	0.05
		60	62	
		37.45± 3.56	38.35± 4.11	
		17	16	0.05
		11	10	
		23	25	
		1	0.5	0.05
		14	12	
		5.43± 3.01	5.51± 3.02	
		19	23	0.05
		37	38	
		28.34± 3.25	30.45± 2.11	

p>0.05

1.2

1 A

[4]

2 B

[3]

χ^2					9.547
P					0.05

3 结论

1.3

SAS SDS

SCL-90

1.4

SPSS18.0

t/χ^2 P 0.05

2 结果

2.1

B A

2-1

2-1

$\bar{x} \pm s$

	N	SAS		SDS		SCL-90	
A	5	57.45	46.24	53.45	44.24	3.57±	2.32±
	1	± 5.75	± 3.67	± 6.14	± 4.66	0.89	0.32
B	5	58.12	31.24	54.12	31.25	3.35±	1.09±
	1	± 5.14	± 2.11	± 4.55	± 3.14	0.84	0.28
χ^2		0.652	6.143	0.257	7.563	0.236	4.257
P		0.05	0.05	0.05	0.05	0.05	0.05

2.2

B 96% A 78%

2-2

2-2

n %

	N				
A	5	23	21	7	44
	1	45.10%	41.18%	13.73%	86.27%
B	5	30	20	1	50
	1	58.82%	39.22%	1.96%	98.04%

SAS 32.18± 2.34 SDS 31.80± 4.32
SCL-90 1.14± 0.35 A 47.83
± 4.15 45.22± 5.42 2.07± 0.48 B
B
+ 98.04% 50
A 86.27% 44
B A

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