

# ICU 危重病人护理风险因素识别评估及防范策略

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**【摘要】**目的: 分析 ICU 危重病人护理风险因素及防范策略。方法: 选取在 2020 年 2 月-2022 年 2 月本院 ICU 收治的 140 例危重病人, 识别评分其护理风险因素, 随机分为观察组 (针对性防范策略) 和对照组 (常规护理) 各 70 人。结果: 观察组护理满意度高、不良事件发生率低, 且不良情绪、睡眠质量、生活质量改善更明显 ( $P<0.05$ )。结论: 通过分析 ICU 危重病人护理风险因素并采取有效的防范策略可以获得更为理想的护理效果。

**【关键词】** ICU 危重病人; 护理风险因素; 防范策略

## Identification, Evaluation and Prevention Strategies of Nursing Risk Factors of ICU Critical Patients

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**Abstract:** Objective: To analyze the nursing risk factors and preventive strategies for critical patients in ICU. Methods: 140 critically ill patients admitted to the ICU of our hospital from February 2020 to February 2022 were selected, and their nursing risk factors were identified and scored. They were randomly divided into the observation group (targeted prevention strategies) and the control group (routine nursing) with 70 patients each. Results: The observation group had high nursing satisfaction, low incidence of adverse events, and more significant improvement in bad mood, sleep quality and quality of life ( $P<0.05$ ). Conclusion: By analyzing the risk factors of ICU critical care patients and adopting effective preventive strategies, more ideal nursing effects can be achieved.

**Keywords:** ICU critical patients; Nursing risk factors; Prevention strategy

ICU

2

[1-2]

ICU

[3]

ICU

### 1 资料与方法

1.1

2020 2 - 2022 2 ICU 140 3  
70

36 34 48.32± 8.84 38

32 47.21± 8.01

$P>0.05$

30 45

1.2

4

1

4

P					<0.05
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1

2.2

P<0.05

2

2

n(%)

	70	3	1	1	7.14% 5/70
	70	4	5	3	17.14% 12/70
$\chi^2$					10.685
P					<0.05

1.3

1

2

3

SAS SDS

[4]

4

PSQI

[5]

SF-36 [6]

5

1.4

SPSS22.0

"  $\bar{x} \pm s$  " [n(%)]

" t " "  $\chi^2$  "

P<0.05

P<0.05

3

3 SAS SDS

$\bar{x} \pm s$

## 2 结果

2.1

P<0.05

1

1

n(%)

	70	33	37	0	100.00% 70/70
	70	22	34	14	82.86% 58/70
$\chi^2$					12.054

		SAS		SDS	
	70	59.84± 5.11	41.47± 4.16	60.18± 5.33	40.33± 4.12
	70	60.15± 5.47	50.14± 4.11	60.05± 5.29	50.39± 5.02
t		3.652	11.055	2.368	15.624
p		>0.05	<0.05	>0.05	<0.05

2.4

P<0.05

4

$\bar{x} \pm s$

				h			
	70	5.78± 1.37	1.38± 0.58	4.10± 1.12	0.36± 0.19	8.64± 1.25	3.25± 1.02
	70	5.84± 1.26	3.21± 1.20	4.05± 0.92	1.15± 0.84	8.68± 1.50	6.23± 1.26
t		0.083	6.635	0.074	7.973	0.070	8.983
P		>0.05	<0.05	>0.05	<0.05	>0.05	<0.05

2.5

P<0.05

5

5

$\bar{x} \pm s$

	70	70.33± 4.15	89.62 ± 5.36	71.84 ± 4.02	90.84± 5.27	71.74± 4.62	88.66 ± 5.21	69.53 ± 4.18	85.57 ± 5.22	71.78 ± 4.22	89.63 ± 6.25

	70	70.36± 4.02	80.14 ± 4.68	70.63 ± 4.57	81.39± 5.11	72.55± 4.01	81.35 ± 4.25	70.48 ± 4.11	80.24 ± 4.69	71.69 ± 4.02	80.14 ± 5.12
t		3.052	10.588	2.003	15.695	1.254	15.284	1.584	18.201	1.822	9.588
P		0.05	<0.05	0.05	<0.05	0.05	<0.05	0.05	<0.05	0.05	<0.05

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### 3 讨论

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