

舒适护理对肛周脓肿患者术后疼痛的影响

孙 洪

上海中医药大学附属龙华医院 上海 200032

【摘要】目的: 探讨舒适护理对肛周脓肿患者术后疼痛的影响。方法: 研究时间选取 2020 年 1 月-2021 年 12 月, 研究对象为在我院进行手术治疗的肛周脓肿患者 82 例, 将 2020 年 1 月-2020 年 12 月接受常规护理的患者设置为对照组 (41 例), 将 2021 年 1 月-2021 年 12 月接受舒适护理的患者设置为观察组 (41 例)。比较两组患者术后 2h、5h、9h、12h 时间段内的疼痛视觉模拟评分 (VAS), 汉密顿焦虑量表 (HAMA) 和抑郁量表 (HAMD) 以及护理满意度。结果: 观察组术后 2h、5h、9h、12h 的 VAS 评分均低于对照组 ($P < 0.05$); 观察组护理后的 HAMA、HAMD 评分低于对照组 ($P < 0.05$); 观察组对护理工作的满意度高于对照组 ($P < 0.05$)。结论: 对肛周脓肿患者采取舒适护理可有效缓解术后疼痛感, 对患者负面情绪的改善以及对护理工作认可度与满意度的提高有着积极作用, 值得推广。

【关键词】: 肛周脓肿术; 舒适护理; 术后疼痛; 心理状态; 满意度

Effect of Comfort Nursing on Postoperative Pain of Patients with Perianal Abscess

Hong Sun

Longhua Hospital Shanghai University of Traditional Chinese Medicine Shanghai 200032

Abstract: Objective: To explore the effect of comfortable nursing on postoperative pain of patients with perianal abscess. Methods: From January 2020 to December 2021, 82 patients with perianal abscess underwent surgical treatment in our hospital. The patients receiving routine care from January 2020 to December 2020 were set as the control group (41 cases), and the patients receiving comfortable care from January 2021 to December 2021 were set as the observation group (41 cases). The visual analogue scale (VAS), Hamilton Anxiety Scale (HAMA), Depression Scale (HAMD) and nursing satisfaction were compared between the two groups at 2h, 5h, 9h and 12h after operation. Results: The VAS scores of the observation group at 2h, 5h, 9h and 12h after operation were lower than those of the control group ($P < 0.05$); The scores of HAMA and HAMD in the observation group after nursing were lower than those in the control group ($P < 0.05$); The satisfaction of the observation group was higher than that of the control group ($P < 0.05$). Conclusion: Comfortable nursing for perianal abscess patients can effectively relieve postoperative pain, improve patients' negative emotions, and improve the recognition and satisfaction of nursing work, which is worth promoting.

Keywords: Operation of perianal abscess; Comfort care; Postoperative pain; Mentality; Satisfaction

1 对象和方法

[1]

1.1

2020 1 - 2021 12

82 2020 1

[2]

- 2020 12

41

2021 1 - 2021 12

41

27 65.85%

14 34.15%

42.57± 4.69

22.08± 2.10

kg/m²

29 70.73%

12 29.27%

[3]

42.62± 4.57

22.15± 2.31

kg/m²

P 0.05

[4]

[5]

1.2

1

1

2h 5h 9h 12h

VAS

0-10

HAMD

HAMA

HAMD

0-75

HAMA

0-56

20 = 30 + 10 =

1.4

SPSS20.0

2 $\bar{x} \pm s$ t P 0.05 % 2

2 结果

2.1

1 P 0.05 2h 5h 9h 12h VAS

3

1 $\bar{x} \pm s$

	n	2h	5h	9h	12h
	41	0.85± 0.37	1.45 ± 0.47	2.14± 0.63	3.12± 0.54
	41	1.34± 0.46	2.13 ± 0.52	2.89± 0.61	3.67± 0.57
t	-	5.315	6.212	5.476	4.485
P	-	0.001	0.001	0.001	0.001

4

2.2

15-20min 4 P 0.05 HAMA HAMD

1

2 $\bar{x} \pm s$

5
2
3

	n	HAMA		HAMD	
	41	46.67± 3.43	10.58± 2.13	55.78± 3.24	14.23± 2.08

1.3

	41	46.48± 3.52	15.59± 1.85	55.83± 3.19	19.78± 1.94
<i>t</i>	-	0.248	11.371	0.070	12.494
<i>P</i>	-	0.805	0.001	0.944	0.001

23
2

P 0.05

3

[n,(%)]

	n				
	41	26 63.41	14 34.15	1 2.44	40 97.56
	41	15 36.59	19 46.34	7 17.07	34 82.93
²	-	-	-	-	12.157
<i>P</i>	-	-	-	-	0.001

3 讨论

20 40
8% - 25%

2h 5h 9h 12h VAS
HAMA HAMD *P* 0.05

P 0.05

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