心理护理在老年哮喘中对 SAS 评分的干预分析

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【摘　要】：目的：讨论研究在老年哮喘患者中开展心理护理工作的价值作用。方法：将 2021 年 8 月到 2022 年 8 月期间院内的 68 例老年哮喘患者纳入研究范围，随机编号后利用计算机随机抽取方式划分为对照组（利用常规模式开展护理工作）、观察组（在实施常规模式的同时，开展心理护理工作），观察并比较两组护理前后 SDS 评分、SAS 评分，观察并比较两组生活质量状态评分、患者对护理工作满意度。结果：将两组护理前相关数据信息输入到统计学系统，发现接受护理前两组患者生活质量评分与 SDS 评分、SAS 评分数据信息处理结果 P 值＞0.05，无显著差异，接受不同护理后的相关数据信息统计学处理结果，P 值＜0.05，差异显著，观察组整体满意度、生活质量评分以及 SDS 评分、SAS 评分等相关数据信息均明显比对照组更具优势。结论：在老年哮喘患者中开展心理护理工作可对患者心理状态与生活质量状态产生积极影响，为患者提供更为满意的护理服务。

【关键词】：心理护理；老年哮喘；SAS 评分；SDS 评分

Intervention Analysis of Psychological Nursing on SAS Score in Elderly Patients with Asthma

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Abstract: Objective: To discuss and study the value of psychological nursing in elderly asthma patients. Methods: 68 elderly asthmatic patients in the hospital from August 2021 to August 2022 were included in the study. After random numbering, they were randomly divided into control group (using conventional mode to carry out nursing work) and observation group (carrying out psychological nursing work at the same time of implementing conventional mode) by computer random selection. SDS scores and SAS scores before and after nursing were observed and compared between the two groups Patient satisfaction with nursing work. Results: The relevant data information of the two groups before nursing was input into the statistics system, and it was found that there was no significant difference between the quality of life score and SDS score, SAS score data information processing results of the two groups before receiving nursing care (P value＞0.05). The statistical processing results of the relevant data information after receiving different nursing care (P value＜0.05) were significant. The overall satisfaction, quality of life score, SDS score SAS score and other related data information were significantly more advantageous than the control group. Conclusion: Psychological nursing in elderly patients with asthma can have a positive impact on their psychological status and quality of life, and provide more satisfactory nursing services for patients.

Keywords: Psychological nursing; Elderly asthma; SAS score; SDS score

1 资料与方法

1.1

2021 8	2022 8		68
			35:33
19:16	61	83	
70.31± 0.57			18:15
61	83		70.28± 0.59

[1]

[2]

[3]

2

P

0.05

1.2

1.2.1

1.2.2

1.3

1   SDS SAS   SAS

SDS   1- 100

50   50 59

60- 69

69

1- 5   0- 1   2- 3

4- 5

3

1- 100   1

59   60   85

86   100

/   +   /   × 100%

1.4

SPSS20.0 t $\bar{x}\pm s$

% P 0.05

2 结果

2.1 SDS   SAS

P

0.05

P 0.05

1

表1 $\bar{x}\pm s$

n=33	68.88± 9.03	69.10± 8.33	51.01± 4.39	50.93± 4.25
n=35	68.94± 9.99	69.17± 8.39	60.03± 6.27	59.89± 6.11
t	0.025	0.034	6.833	6.979
P	0.979	0.972	0.001	0.001

2.2

P 0.05

2

表2 $\bar{x}\pm s$

n=33	4.12± 2.01	4.29± 1.97	4.56± 1.99	4.74± 1.88	4.81± 2.03
n=35	2.56± 0.48	2.63± 0.29	2.71± 0.19	2.47± 0.27	2.50± 0.31
t/X^2	4.460	4.931	5.475	7.069	6.653
P	0.001	0.001	0.001	0.001	0.001

2.3

P 0.05

3

3			n,%
n=33	20 60.60	12 36.36	1 3.03	32 96.96
n=35	15 42.85	15 42.85	5 14.28	30 85.71
X^2	6.308	0.880	8.004	7.995
P	0.012	0.348	0.004	0.004

3 讨论

2-

SDS

SAS   *P* 0.05

                                                              P

0.05   SDS

SAS

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