优质护理用于老年 2 型糖尿病中对血糖指标的改善研究

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【摘 要】：目的：探究优质护理用于老年 2 型糖尿病中对血糖指标的改善效果。方法：选取于 2019 年 8 月至 2021 年 8 月本院收治的 120 例老年 2 型糖尿病患者，随机分为观察组（优质护理）和对照组（常规护理）各 60 人。结果：观察组护理满意度高，血糖水平、心理弹性、生活质量改善更明显（P＜0.05）。结论：优质护理用于老年 2 型糖尿病中对血糖指标的改善效果十分显著。

【关键词】：优质护理；老年 2 型糖尿病；血糖指标

Study on Improvement of Blood Glucose Index in Elderly Type 2 Diabetes Patients with Quality Nursing

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Abstract: Objective: To explore the effect of high-quality nursing on improving blood glucose index in elderly type 2 diabetes. Methods: 120 elderly patients with type 2 diabetes admitted to our hospital from August 2019 to August 2021 were randomly divided into the observation group (quality nursing) and the control group (routine nursing) with 60 patients each. Results: The nursing satisfaction of the observation group was high, and the blood glucose level, psychological resilience and quality of life were improved significantly (P 0.05). Conclusion: High quality nursing can improve blood glucose index significantly in the elderly with type 2 diabetes.

Keywords: High-quality nursing; Elderly type 2 diabetes; Blood glucose index

2   2   3

2   4

[1- 2]   2

2

5

1 资料与方法

1.1

2019 8 2021 8 120

2   60

34 26 71.26± 8.13   6

32 28 72.87± 7.19

P 0.05

1.2

1

2   2

1.3

1   2   3

4   CD-RIS

5   SF-36 [4]

[3]

2 结果

2.1

1.4

SPSS22.0

P   0.05   1

表 1   [n(%)]

	60	32	26	2	96.67%(58/60)
	60	24	26	10	83.33%(50/60)
x^2					11.895
P					0.05

2.2

P   0.05   2

表 2 $\overline{x} \pm s$

		2h mmol/L		mmol/L		%	
	60	11.28± 1.26	7.11± 0.96	9.21± 1.18	6.21± 0.47	8.31± 1.25	7.02± 1.45
	60	11.24± 1.22	9.65± 1.02	9.20± 1.20	7.36± 0.56	8.34± 1.37	7.62± 0.52
t		3.215	11.552	2.538	13.028	0.070	8.983
P		0.05	0.05	0.05	0.05	0.05	0.05

2.3

P   0.05   3

表 3 $\overline{x} \pm s$

	60	17.22± 1.02	44.28± 1.57	12.21± 1.17	28.25± 1.25	8.24± 0.98	15.22± 1.18
	60	17.36± 1.05	33.22± 1.49	12.20± 1.15	20.31± 1.21	8.31± 0.87	10.74± 1.07
t		3.665	20.354	5.214	18.264	6.352	13.652
P		0.05	0.05	0.05	0.05	0.05	0.05

2.4

P   0.05   4

表 4 $\overline{x} \pm s$

	60	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

	60	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

4

3 讨论

2

2

[5-6]　　　　　　　　2

2

2

2

P　0.05

2

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