

个性化健康教育在眼科护理工作中的应用

李常玉 赵雪莉* 林 萃 张 薇

重庆医科大学附属璧山医院 (重庆市璧山区人民医院) 重庆 402760

【摘要】: 文章以探究眼科护理当中运用个性化健康教育为目的。选择在某医院接受治疗的 40 例眼科患者作为此次探究目标, 随机将这些患者分为常规组和健康组各 20 例, 常规护理的患者分为常规组, 在常规护理的基础上进行个性化健康教育的患者分为健康组。对比健康组和常规组眼科护理人员的并发症发生情况、抑郁和焦虑评分、病人对护理人员的满意度情况等。从这些内容分析当中可以得知, 跟常规组病人进行对比, 健康组的满意度和知识情况都比较高, 而且并发症的状况、抑郁与焦虑评分都很低, 这两组之间的差异性有统计学意义。此次探究结论则是对眼科病人进行护理过程中开展个性化健康教育, 能够更好将其满意度和知识水平提高, 避免并发症发生, 病人心理状态有所改善, 值得推广。

【关键词】: 个性化健康教育; 眼科护理; 并发症

The Application of Personalized Health Education in eye care work

Changyu Li Xueli Zhao* Cui Lin Wei Zhang

Bishan Hospital of Chongqing(Bishan hospital ofChongqing medical university) Chongqing 402760

Abstract: The article aims to explore the use of personalized health education in eye care. The 40 ophthalmic patients treated in a hospital were selected as the goal of this exploration. These patients were randomly divided into 20 patients in the routine group and health group, the patients in routine care were divided into routine group, and the patients with personalized health education on the basis of routine care were divided into health group. The occurrence of complications, depression and anxiety scores, and patient satisfaction with the caregivers between the health and routine groups were compared. It can be seen that, compared with the conventional group of patients, the satisfaction and knowledge of the health group were relatively high, and the status of complications, depression and anxiety scores were very low. The difference between the two groups was statistically significant. The conclusion of this exploration is to carry out personalized health education in the process of nursing for ophthalmic patients, which can better improve their satisfaction and knowledge level, avoid complications, and improve the psychological state of patients, which is worth promoting.

Keywords: Personalized health education; Eye care; Complications

1 临床护理资料 and 方式

1.1

40

20

8:12

21-71

10:10

20-73

P 0.05

1.2

2.2

95%
P 0.05
85%
2%
4%
3 讨论

参考文献:

- [1] . [J].
,2017,14(06):25- 26.
- [2] . [J].
,2017,4(63):12390.
- [3] . [J].
2018 3(23) 83- 84.
- [4] . [J].
,2017,4(63):12390.
- [5] . [J].
,2018,24(32):3946- 3949.
1991 10