

姜夏脐疗对减轻肺癌化疗后恶心呕吐的护理效果研究

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【摘要】目的: 探究姜夏脐疗在肺癌化疗后减轻恶心呕吐的临床效果与使用价值, 并探究合理的护理方法。**方法:** 选取我院收治的肺癌患者 54 例, 根据随机分组法分为对照组 27 例(使用常规治疗方案), 观察组 27 例(在常规治疗基础上使用姜夏脐疗)。对两组的治疗效果进行对比分析, 同时探究两组患者的护理方法。**结果:** 两组经过治疗后均取得一定效果, 但观察组经过姜夏脐疗治疗后, 其化疗后不良反应率、恶心持续时间、恶心治疗情况、急性呕吐治疗情况明显优于对照组, 差异均有统计学意义($P < 0.05$)。**结论:** 在肺癌患者化疗治疗过程中, 采用姜夏脐疗治疗能取得较佳的效果, 可减少其化疗后不良反应, 降低其恶心持续时间, 改善其恶心与呕吐情况。

【关键词】 肺癌化疗; 恶心呕吐; 姜夏脐疗

Nursing Effect of Jiangxia Umbilical Therapy on Reducing Nausea and Vomiting after Chemotherapy for Lung Cancer

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Abstract: Objective: To explore the clinical effect and use value of Jiangxia navel therapy in reducing nausea and vomiting after chemotherapy for lung cancer, and explore reasonable nursing methods. Methods: 54 patients with lung cancer in our hospital were randomly divided into control group (27 cases) and observation group (27 cases). The therapeutic effects of the two groups were compared and analyzed, and the nursing methods of the two groups were explored. Results: Both groups achieved certain effects after treatment, but the adverse reaction rate, duration of nausea, treatment of nausea, and treatment of acute vomiting in the observation group after treatment with Jiangxia navel were significantly better than those in the control group ($P < 0.05$). Conclusion: In the course of chemotherapy for lung cancer patients, Jiangxia navel therapy can achieve better results, reduce the adverse reactions after chemotherapy, reduce the duration of nausea, and improve the nausea and vomiting.

Keywords: Chemotherapy for lung cancer; Nausea and vomiting; Ginger summer navel therapy

嶼齋吩! 娉刺刺岨奚誓齋來岨T 徇倫在J 史嚮孃她效琳
T 妄誓T 乙T 施儀來岨嶼齋T 儀來岨嶼齋暨刺刺製莫哈擇際
[1] ↑ T T 提失塌咕劔刺丞亮 ← 丞曠 ← 岨谷 ← 嚮甸 ← 肅T 嶼
嶼懷劔現 ← 嶼嶼劔嶼嶼太谷 ← T 吳@ 伶她T 扇一愿 ← 黃② ←
+ T ← 侏揲机卵 ← 揖懷摺懷④ 劔嶼岨岩嶼[2] ↑ 岨夔吩嶼齋勢
脛! 娉咕吋嚮夔劔嚮誓 J T nA 良冢倫刺她 ← C/kgmm ← 峽? ← 岨
滄侮兌嶼 T × 豐誓 J T 她刺她C/kgmm T 扇涸中勢脛吵兌擲囊
[3] ↑ 伶嚮誓猛做嶼齋勢脛岨夔nm T 嶼她刺她C/kgmm 失塌岨嶼 μ
墀咕吋她嚮夔卿否 L 勿墀岨嶼 ↑ 岨吐她嶼 T 做 T 【豐儀依岨
夔嚮夔她T 六吋岨誓二T 俏 T 暉

1 对象和方法

1.1 对象

嶼嶼? 劫拮J 2021.04-2022.04 岨 1 岨 T 巨岨嶼她嶼齋勢脛
54) ↑ 岨 T 区岨嶼岨岨 T 岨嶼岨 T 做岨岨暨 T) 岨壳 15) 岨
佻 12) 岨岨壳 62.16±4.24 信際T 復儀岨暨 T) 岨壳 14) 岨
佻 13) 岨岨壳 63.22±4.53 信際 ↑ 优誓 μ 嶼嶼岨岨岨岨岨岨 T
T 快來恣嶼岨岨岨岨 T 倖 T 妻她nm 岨儲嫩尧岨岨 k 剗 || ↑ 卵掃

嶼 T 暉勢咕孤嶼掙岨岨勢脛岨 T 刺刺岨奚岨誓做巡墀岨岨
慮T 关岨 ↑ T 岨! 岨嶼岨嶼嶼寫吳憲岨岨岨 T 暨 P 岨 0.05 際 ↑

1.2 岨嶼

1.2.1 岨夔岨嶼

做岨岨 【豐嘗 T L 侏嶼岨回暨嶼 T (L) 擲 T 巡岨岨岨 T μ 岨
份巡 T 偉 H37022102 岨循 5mg×10 史際岨 T 傷勢脛岨嶼 T 岨 T
岨嶼岨 T 岨岨嶼嶼岨岨 T 岨嶼岨岨岨岨岨岨岨 T 岨嶼岨岨岨岨
岨 T 岨 T 岨嶼岨 T 夕 岨岨岨岨 T 岨嶼 3cm 岨岨岨岨岨岨岨岨
岨岨 T 截岨岨 T 岨岨岨岨 ↑

復儀岨岨豐儀依岨岨岨 T 岨 T 岨嶼 T 岨嶼 T 岨嶼岨岨岨岨岨
暨岨岨岨岨岨岨岨 T 岨嶼岨岨岨岨岨 T (T) 岨岨岨岨 T 岨嶼岨岨岨
岨 6h/d 岨岨岨岨岨岨 3d ↑

1.2.2 勿墀岨嶼

暨 T 際岨岨岨岨

嶼齋岨 T 岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨
岨岨 T 岨岨岨岨岨岨 T 岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨
岨岨 T 岨岨岨岨岨岨 T 岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨
岨 T Gy L 岨 T 岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨岨

危厄介■她处埠堡坊听处埠勿埠她予拳曝兔L介■噪妮忒忱
夫介替她呱成μ0怙叱噤夔替埠予介■垢伉她罐偶刚忱替庇撵
咪回她勤介良T听处埠勿埠她替处替勿埠■Gy慊慮め佞仍促
學扁【介■▼呱《处分成μ0噤夔↑

暨2際拒捨捌呢

俱才復僂勢尉俠log擴恥替嗽吵勿埠呼勒擗拈nm替做处擴
嬢←鱷mV←噯卅←噯傻←博L←婧窈嫻孳寔惹3忒妓控呼丁
忒冷↑掃め佞介勒←影徘徊替俠替慶徒め佞岨岨效琳←妄岷←
σ插懷她固噶噯替賬口偏勢尉噯刷L刻替④ナ■介勃悻L替
一佺卹松替懇シ④捌呢↑仆勢尉T徒擗う勾馭替捨塔馭岨
T擴曝豐恩噴塚20探替捨塔塚文T擴↑

暨3際め佞や丹吃罔口偏

做J T埠愿←J 莫峻噯她勢尉替復僂低♠兢忒冷側う囉
同←搗崑←刺墁丁扉①岑log妄岷岷②E坵剝儿替(4)L勢尉め佞
岑log妄岷勿埠替k0姬勢尉うnm固噶岑掌她扇徒刺賬口偏勢尉
替擊味噯卅←nds末寔學僂她噯忙←(7)噯忙替懇シ愨傲←罐口←
慮娥⑤慮J 噯峽她擊棟↑

暨4際斗夔nm7 岨-关勿埠

妄岷替剝-关睞仆勢尉懇シ厖勳替噯刷二匱妄岷她固噶
兢埠替懇シ予罐剛噯岷岷岳截否-关睞兌予罐J 斗夔2曾3
侨替侑同1 log優cal拈俯噪兌↑掃区(4)仆密L 塔否巡俠替关噯
刷cm勢尉擴彦替志ナ姬愴慷嫁失墁听nA憫她↑兢(4)L吵兌罐
囊勿埠替区叁截否甸替免Lナ愧媼噯刷T替一愿ナT 襟替咽
• 忒nA她剝儿7 nA▼惹三埠夔噯岷处滄侮兌睞勿埠■Gy关伉六
慧復僂替う①呀予埠擗①呀甸埠噯巡呀密L 处壳妒勿替
J 俱復僂罐一①凌她予替T埠予斗媼(有)勾k(4)罐兢成μ0(4)
罐めT纳关她甸埠替k0呀め佞处埠勿埠【勢尉捌僂僂僂夕噯
岷-关睞勢尉T埠噯嬢叁匱←鱷mV价採←擴①T 捻嫻棍岷-
关呀替关媼(有)毛塔巡巡替兢L mV噯替关豐岩T 岨學←(E)③巡
棟替旻叁拈俯噪兌↑ 伉勿埠慮替J 替徒ザ啼攸奈側刷列剝替
J 俱復僂替め佞勾吁ン供噯噯岷⑤侑噯岷岷回埠T 徒彙埠
T 勢尉T埠log伴噯岷替J 扇尉T埠噯岷岷回埠↑ 勿佞关成μ0
(4)罐替J 噯募三(4)仆替堡L听佞婢え勢尉区(4)仆【豐埠學替
兢俱才復僂勢尉回扇⑤log伴噯岷予斗J T埠噯岷呀L▼低♠
噯岷剝儿替嗽佻語扉噯岷懷J 呱J 扇呀她log抄替口偏勢尉勾
擗T 崗替修一捏叁嶺少噯替仆勢尉媼侑侑侑思替替捨塔只
⑤妄岷噯岷岷替H-关她勿埠噯噯岷岷-关勿埠她忙扉替
旻卻涸中cc斗夔良kPa侑匱丁斗夔叨咩↑ 鼓岷勢尉尙扉侑摺替
擗擊侑固因↑ 伉嫻3 噯斗夔慮替J 替斗夔介■ 只慊侑伉擊喬
T 卅替(4) | 捏叁彙G7 良二忒介■ 她良扉 | 关替J L J 夫介
拈俯替nA密介■ 予侑侑駁坡替免L噯斗替修惹擊喬↑ k0呀替
徒履处T偏←鼓岷介■ 惹擊↑ Ckgmm | 扇尉噯刷復僂Ckgmm她噯
同←扉⑤搗崑替成μ0关豐塔mm噯夔↑ 咕岷T岷卜佞她替关口
偏勢尉(五)六刻替替擊侑摺摺替惹咕悅J 她味噯斗擗擊↑

暨5際め佞斗夔nm7 T拈nm她岷勿口偏
揖T T拈替介■ 側謔凹龐扇扇↑ 卍 ◆ 匍处佞侮④岨佞(4)
夔帶侑扁T 良惹J 噯侑侑替壞叁介剝刺卅↑ 佞扁替(4)勿■ Gy
風滅履处來岷伐め佞介■ 列剝傷× 替微拈介■ 她Gh媼温龐↑
口偏介■ T拈nm侑回侑匱斗夔替噯岷(4)拈め斗夔替ノ劬咕
循滄她罐囊替20噯家μ0替噯治cc勉俠囊L替做岷岷J 扇尉替
nA克ほ予替k0呀噯刷擗擊(7)罐↑

1.3 復僂口哈

做J 宦斗夔nm7 岨-关座惹3做唯替00匪岷T岷←岩T
岷←处壳佞←奶來昭一佺噯倣ナ刺处匱窰呀挽呀挽惹3做唯噯
做ナ刺处←Ckgmm噯夔剝儿惹3做唯替00匪岷刺处←吳Ckgmm睞
0 莫噯愿莫刺处替做惹擊L 噪兌罐囊吳涸中/Ckgmm噯同噯吵1
噯2 噯噯莫噯吳鳴刺处替J 惹擊咕涸中/Ckgmm噯同噯吵3-5 噯噯
II莫噯噯J 扇刺处替做惹擊⑤噪兌罐囊拈J 扇涸中/Ckgmm噯同
T 6-8 噯噯III莫噯J 扇刺处替J 吳噯惹擊/Ckgmm擗空睞IV莫↑
咕呀T 0 莫←I莫替II莫-IV莫T 吳呀↑

1.4 寔仵借乙啞

【豐 SPSS20.0 思 • 做同箇惹3寔仵借乙啞替【豐
T x ± s y 彙媼仵岷媼嗎替【豐 x² 丁%彙媼仵同悚嗎替P替
0.05 彙媼同箇僞写咕寔仵借刷L ↑

2 结果

2.1 宦斗夔nm7 岨-关座做唯

復僂宦斗夔nm7 岨-关吳鳴J 做岷宦替僞写二咕寔仵
借刷L 暨P替0.05際↑ 倘彙1睞

彙1 宦斗夔nm7 岨-关座做唯暨n替%際

T 岨-关	復僂宦 暨n=27際	做岷宦 暨n=27際	x²	P
岷T岷	0暨0.00際	1暨3.70際	1.019	0.313
岩T岷	1暨3.70際	0暨0.00際	1.019	0.313
处壳佞	2暨7.41際	5暨18.52際	1.477	0.224
奶來昭一佺	1暨3.70際	3暨11.11際	1.080	0.299
剝-关座	4暨14.81際	11暨40.74際	4.523	0.033

2.2 宦刺处匱窰呀挽做唯

復僂宦刺处匱窰呀挽呀挽吳鳴J 做岷宦替僞写二咕寔
仵借刷L 暨P替0.05際↑ 倘彙2睞

彙2 宦刺处匱窰呀挽做唯暨x ± s 際

宦Lx	J 同	刺处匱窰呀挽暨d際
復僂宦	27	1.23±0.96
做岷宦	27	2.86±1.24
t	-	5.401
P	-	0.001

2.3 宦刺处噯夔剝儿做唯

復僂宦刺处噯夔咕叨座吳鳴J 做岷宦替僞写二咕寔仵

