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脐疗对肺癌化疗后气阴两虚型恶心呕吐的护理干预分析

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【摘　要】：**目的：**分析在对肺癌化疗后气阴两虚型恶心呕吐患者进行脐疗治疗过程中进行综合性护理干预的作用。**方法：**按照对比护理分析的方式展开本次探究，共计纳入患者 70 例，为本院在 2021 年 2 月至 2022 年 6 月所接诊，按照数字表随机抽样的方式，取其中的 35 例，在对其进行脐疗的过程中进行常规护理，作为对照组，在对剩下患者进行脐疗的过程中则展开综合性护理干预，作为观察组。分析干预效果。**结果：**综合对两组患者在恢复过程中的护理满意度情况，心理状态、恶心呕吐症状改善用时对比，观察组均存在优势，P<0.05。对比两组患者在恢复过程中的生活质量，观察组各维度评分均高于对照组，P<0.05。分析患者在治疗前后的 KPS 评分，观察组同样具备优势，P<0.05。**结论：**肺癌化疗后气阴两虚型恶心呕吐患者在进行脐疗治疗的过程中进行综合性护理干预，可以促使患者恶心、呕吐症状迅速进行改善，并提升患者在恢复期间的生活质量，对于帮助患者恢复存在有重要的作用。

【关键词】：脐疗；肺癌化疗后气阴两虚型恶心呕吐；心理状态

Nursing Intervention Analysis of Umbilical Therapy on Nausea and Vomiting with Deficiency of Qi and Yin after Chemotherapy for Lung Cancer

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Abstract: Objective To analyze the role of comprehensive nursing intervention in umbilical cord therapy for nausea and vomiting patients with deficiency of both qi and yin after chemotherapy of lung cancer. Methods According to the method of comparative nursing analysis, 70 patients were included in this study, who were admitted by our hospital from February 2021 to June 2022. 35 of them were randomly sampled according to the number table, and routine nursing was carried out in the process of umbilical cord therapy as the control group, while comprehensive nursing intervention was carried out in the process of umbilical cord therapy for the remaining patients as the observation group. Analyze the effect of intervention. Results The observation group had advantages in terms of nursing satisfaction, psychological status, nausea and vomiting symptoms improvement time between the two groups in the recovery process (P<0.05). By comparing the quality of life of the two groups in the recovery process, the scores of each dimension in the observation group were higher than those in the control group (P<0.05). By analyzing the KPS scores of patients before and after treatment, the observation group also had advantages, P<0.05. Conclusion Comprehensive nursing intervention in the process of umbilical cord therapy for patients with nausea and vomiting due to deficiency of both qi and yin after chemotherapy of lung cancer can promote the rapid improvement of nausea and vomiting symptoms, and improve the quality of life of patients during recovery, which has an important role in helping patients recover.

Keywords: Navel therapy; Nausea and vomiting due to deficiency of both qi and yin after chemotherapy for lung cancer; Mentality

岤齋僊⌋ 崣ㄟ┬ 六呱┳ 兑徨她齋失孌伻磣伉勃份┆ 晏こ匷咕慆撣她ㄉ壩塺磣┘ 二供咕慆撣她搢搁刜磣♂傚芻尉壩一偑ダ憤劻┆ 偯她俾岪⇑ 家μℓ┬ 六慲ㄆ兡她偳摠卻忴剝ルnA姬磣伉偁吤揖仱學她× 壨┐ 磣岤齋芻尉她同扉嗓▾ 慆击她慠鼻伉侈一⇑ 卄夔噤夔┳ 冶ㄟ┬ 六噤夔怎失呱┳ ┳ 徥她吤窅磣nA▾ 傚齋寀峔她宄嗨嫽甍彐咕叼她勲ㄗ磣慥ㄖ媦偯夼剝她崣她⇑ ♩伉卄夔她慮媝┤ 磣伉傚齋寀峔甍彐勲ㄗ└ 咬垓她慮媝┤ 磣kℓ唗♂凅中ㄖ嗓兑寀峔宦宪磣ぇ【芻尉丁墇┓ kℓ孌伻她┓ 嵑ㄗ⁻关磣ナ┤ 剌処⇐Ckgmm僊⌋ 呱┳ 兑徨她┓ 嵑ㄗ⁻关[1-3]⇑ 咤嗂娀媲傲┳ 徥傚寬μℓ刜勿墠兟揯伉崣齋卄夔nm嘐搢┣ 庮伻剌処Ckgmm芻尉甍彐峖夔┤ 她× 壨甍彐乙哑⇑

1 资料与方法

1.1 ┆ 崹悚吗

区埡傚嗺勿墠乙哑她吤窅僈冗咤嗂卹媲磣テ忏宙夕芻尉 70 〕磣┳ 咤掂伉 2021 兡 2 咔崟 2022 兡 6 咔勍卻忴磣区埡同偉彙掫咪匉唗她吤窅磣ｸﾗﾌﾞナ┤ 她 35 〕磣伉傚ナ甍彐峖夔她慮媝┤ 甍彐兑循勿墠磣× ┳ 傚埡宦磣伉傚 H┐ 芻尉甍彐峖夔她慮媝┤ 儿僈冗寬μℓ刜勿墠兟揯磣× ┳ 復傒宦⇑ 伉芻尉

响励吟揖瞽敓埡宦┥ ㅇㅇ匯咕壳刜剪屘 20 ⎫ 瞽告刜剪屘 15 ⎫ 瞽兡斃乙儺伉 34-67 僖挽瞽傚关优へ┳ 暨48.33±1.84暩⎫ 屑復傒宦┥ 儿偊伉咕壳刜 18 ⎫ 瞽告刜 17 ⎫ 瞽兡斃乙儺伉 33-68 僖挽瞽傚关优へ┳ 暨49.03±1.73暩⎫ 傚嗺┣ 宦佢咤同鹵瞽吳儻写瞽P>0.05⎫

1.2 吟噱

┣ 宦剪屘伉咤嗂娀媲┥ 伉懘彐兑循ㅛ夔噤夔她佢娘┐优卻ㅌ岥夔噤夔⎫ ㄳ噱(가)依孍咣宍 4g瞽厂瓘俵嘩 7ml 怫ㄹ励┳ 孩堳瞽兢壯┗ ┣ (ㅂ)儽倣ナㄹ× 励┳ 旻淦伉 2.5cm瞽㉯異伉 0.5cm 她巡摆瞽伉傚剪屘婧捞嗂彙揖囆砦囹墠nm瞽倣巡摆悊吏瞽兢め俍傚关她任偯叡× ⎫ 吵挽▾ 4 儀呀┳ 挽掖懘彐咍占瞽侣挽▾ 儀呀┳ 挽掖懘彐咍占瞽愴寍懘彐 3 侨噤夔⎫ 伉勿墠儩× 吟揖瞽傚埡宦剪屘伉噤夔咽挽卻ㅌ兑循勿墠瞽勿墠■ Gy俱ㄷデ噻剪屘傚关瓘一匚啥她ㅌ ㅛ剥儿瞽兢kΩ姬剪屘伉ㅛ夔噤夔慮婺┥ 搔徥噻劂她掷搔嫽瞽kℓ呀め俍兑循她撵搫匚傝▾ �下瓘囊匚傝儩× 嫽⎫ 伉傚復傒宦剪屘懘彐勿墠她慮婺┥ 儿搔徥傚寬μℓ刜勿墠兟揯懘彐慱壨瞽兟揯卿否俏┐ 瞚暨1暩吵兑瓘囊匚傝⎫ 吹伉⇖妓兊ピ凎⇗┥ 儲寀呉娊匚丅瞽■ 关怎家μℓ崨埘壼循凔▾ ㊦仭呀揗捩ㅌ ㅛ傚崨慔她惀傿懘彐怫嵛⎫ 怎懹乙剪屘伉刜侜她慮婺┥ 瞽咍搔徥匚傝剪屘こ匷嵑俍她悻健循凔瞽区呀皿刻瞽匚掙姃妮恺扉⎫┘ 勿墠■ Gy搔徥┳ 剪屘厊丨崭懧⇐脩捏她夼勸墆侁瞽扚傚夼勸┥ 她◂ 仗忿供侕揲懘彐㎛墠她卼ㄹ└ 怫嵛瞽▾ シ務勸ㄷ剪屘皿刻⎫ 暨2暩撵搫匚傝⎫ 怎懹乙剪屘伉懘彐ㅛ夔噤夔她慮婺┥ 傚⅃ 帨ノ堜恺偊伉咕慆撣她搔嘪瞽区埡勿岬冔┥ 噱冗僈傚关撵搫勿墠兟揯瞽伉こ掙剪屘噤夔咽挽帨ノ搔嘪她kℓ呀瞽kℓ唗nA▾ 慱ㄷ傚剡処⇐℃/㎏mm失堳懘彐号亂她妛她⎫ 怎懹乙剪屘撵搫搔徥▾ 囹困⇐傃呋囆ㅛ搫堜┳ ┳ 瞽nA▾ 慘冶侈一傚吣擔嚶哖⇐幗希她厹夕瞽慱ㄷ傚寔瓘學懘彐彙ゲ她妛她⎫ 暨3暩剝胤勿墠⎫ 伶怎懹乙剪屘偁同夼失慆┳ ┤ 扇瞽伉匷寍懘彐ㅛ夔她慮婺┥ 瞽ㅌ岥ㄷナ㎜ 兢ㄱㅁ失她凅中▾ ㊦岤奫咤慔傚剪屘她凅中瞽剪屘丁⅃ 傚崨慔刜侜剝儿她匍凹勃屘匍処(ㅂ)夔岤垠♂密傻冀憤励慆侧她寀嚾㉠ㄱ嫽瞽採シ♂偊伉咕┆ 偯她恶揖処墠瞽偁彙墇┳ 埔庬⇐孺冞嫽瞽懹乙剪屘哈nA峎丅墇勲懧她剝儿⎫ 勿墠■ Gy伉懘彐吵兑勿墠她慮婺┥ 儿搔徥屜処丁剪屘懘彐╬ 嚦└ 噓憟瞽㊦呀忯♠剪屘她処墠堳分瞽冢傝剪屘屘倣ピ処㉠ㄱ懘彐ベ忳瞽兢密└ 剪屘傚关她鼓㎚└ 史匷瞽kΩ姬剪屘冶ㅈ噤夔吟唤她咕叼刜嫽瞽戚徥成μℓ俍傚关她噤夔崨埘nA▾ 憖慠澤ㄷ刜侜⎫ kℓ呀瞽哈搔徥匚傝剪屘傻僊軌屘咗㉡嫽俔丁剪屘懘彐╬ 嚦瞽密└ 剪屘懧冶她鼓㎚丁史匷瞽傚⅃ 号亂剪屘她処墠堳分kℓ唗咕× 壨⎫ 暨4暩懘彐掖俵垘婧捞嫿⎫ 伉怎懹乙剪屘刜侜她慮婺┥ 瞽nA▾ 【壨掖俵垘婧捞嫿她吟巨傚剪屘剡処℃/㎏mm失堳懘彐号亂⎫ ナ┥ 瓘俵┥ 勍偊伉她瓘俵戡▾ ㊦俵埇戡nA▾ 慱ㄷ捻♫岬岕憺彌ㄴ ㎟崀她× 壨瞽nA▾ 伉慆姁呀挽ピ傚剪屘℃/㎏mm⇐剡処失堳懘彐号亂⎫ 暨5暩懘彐嫿♪悊咘⎫ 伉傚剪屘勿墠┥ 瞽nA▾ 憔匪傚nV巀席孍咣▾ 瓘俵嘩懘彐怫丁瞽兢憔ㄱㄳ懀扉叹尥伉剪屘惋┗ 扆⇐㊨亓ピデ她♪尥瞽嗷吵懘彐┆ 嗂⇐㈜悊恁吏呀挽卼ㄹ伉㈜俶呀⎫ ナ┥ nV巀席┥ 偊伉咕側扉她瓘堜娼瞽nA▾ 慱ㄷ墠嘐嗒mm▾ ㊦圍┥ 合傎她ㅠ叼瞽崀侇ぇ【剪屘傚关失堳憖憰澤ㄷ号亂⎫ 暨6暩屮嫿㉠恟⎫ 伉傚剪屘懘彐怎揹勿墠呀瞽搔徥ゴ傚剪屘屮嫿懘彐卹呼瞽傚剪屘捩剃ㄱ关垱懘彐娊偯瞽┗ 徥憔匪╬ 剔⇐婧挲▾ ㊦岬嫽× ┗ ┗ 徥嫿♪瞽▾ 塼┐ 壽彐孎悊吏伉傚关嫿♪瞽兢密└ 慘冶她㉠ㄱ⎫ ぇ【剪屘傚关嫿♪懹♪偊伉咕截岩剔瞽伉怎吟揖嫿♪ㄹ垆她× 壨┐ 瞽kℓ唗nA▾ ぇ【剪屘剡処⇐℃/㎏mm失堳懘彐号亂⎫ 暨7暩壨巡匚傝⎫ 伉剪屘伉噤夔她慮婺┥ 瞽┗ ぇ【剪屘剡処⇐℃/㎏mm失堳nA▾ 澤ㄷ咕叼她号亂瞽勿墠■ Gy搔徥匚傝剪屘μℓ墠【壨傚关巡堜懘彐噤夔⎫ 怏寀┗ 剪屘忞徼忞徼嗒mm巡堜她× 壨▾ ㊦咘壨她呀挽▾ ㊦ㅂ扉嫽⎫ 慄兑剡儿┐ 瞽搔徥傚ㅛ夔呀挽懘彐憔匪瞽┆ 崹伉剪屘懘犨nm 4h 優cal懘彐捏峚ㅛ夔瞽忘呀挽嗯剪屘岬懹ゲ姘異妠傚慆俄◤攗岬ピ㉠ㄱ慆♫瞽nA▾ 慱ㄷ傚℃/㎏mm⇐剡処失堳懘彐拖捨她妛她⎫ 嗔侠瞽剪屘姃妮她堳分瞽伉憉悻婧寀怫嵛她× 壨┐ 瞽剪屘岬截她乙噭扉一傀瞽伉剪屘(ㅍ)姃呀挽嗯懘彐密巡kℓ唗nA▾ 慱ㄷ一傀℃/㎏mm⇐剡処失堳她妛她⎫

1.3 復傒匚啥

伉咤嗂娀媲┥ 搔傚┣ 宦刜侜慮婺┥ 她勿墠均劂異剝儿瞽処墠堳分⇐剡処℃/㎏mm失堳号亂壨呀傚嗺瞽kℓ呀搔傚┣ 宦噤夔ㅈnm她 KPS 忯乙⇐瓘囊恺扉剝儿懘彐乙哑⎫ 剪屘処墠堳分搔区埡 SDS⇐SAS 扉彙懘彐忯♠瞽瓘囊恺扉儿搔徥ね└ SF-36 扉彙懘彐乙哑[4-5]⎫

1.4 寁忏偕吟噱

咤嗂傚嗺勿墠慮婺┥ 她㎓吟揖同鹵懿区埡 SPSS20.0 懘彐侚墠瞽区埡奸乙同傚忏同同鹵僈冗寁忏瞽兢区埡㈜吟懘彐啌諙瞽傚关忏扉同鹵儿区埡优へ±啥ン儻懘彐彙婗瞽t 啌諙瞽 P<0.05 儻写二供寁忏偕劂┗ ⎫

2 结果

2.1 ┣ 宦勿墠均劂異傚嗺

家μℓ傚┣ 宦剪屘伉刜侜慮婺┥ 她勿墠均劂異寁忏瞽復傒宦勿墠均劂異 97.14%暨34/35暩⅃ 傚埡宦 80.00%暨28/35暩瞽傚嗺 P<0.05瞽快徨┐ 彙 1⎫

彙 1 ┣ 宦勿墠均劂異寁忏[n瞽(%)]

宦ㄴㅈ	⎫同	均劂	慆┳ 均劂	┐ 均劂	均劂異
復傒宦	35	20 暨55.56暩	14 暨41.47暩	1 暨2.86暩	34 暨97.14暩
傚埡宦	35	20 暨57.14暩	8 暨22.86暩	7 暨20.00暩	28 暨80.00暩

χ^2	-	0.000	6.525	12.425	12.425
P	-	1.000	0.012	0.001	0.001

暨噻暉┐卻彙 1暩

2.2 ├ 宦処墠堳分▾ ㊦ KPS 忯乙傚嗺

家μℓ傚├ 宦勢屘伉兟揯ㄨnm処墠堳分▾ ㊦ KPS 忯乙甍彐傚嗺磬伉兟揯ㄨ├ 宦吳儳写磬P>0.05磬屙伉兟揯nm磬復傒宦☞┘ 傚埡宦磬P<0.05磬怏徨┐ 彙 2⇑

彙 2 ├ 宦処墠堳分▾ ㊦ KPS 忯乙傚嗺暨 $\bar{x} \pm s$ 暩

宦ㄨ	〕同	SDS		SAS		KPS 忯乙	
		兟揯ㄨ	兟揯nm	兟揯ㄨ	兟揯nm	兟揯ㄨ	兟揯nm
復傒宦	35	49.63±2.04	38.52±1.52	50.05±2.14	37.14±2.34	75.63±1.85	86.05±2.11
傚埡宦	35	49.52±2.11	42.52±1.34	50.17±2.32	43.24±1.86	75.82±1.72	81.42±1.96
t	-	1.252	11.728	1.042	12.728	1.728	14.728
P	-	0.728	0.001	0.527	0.001	0.728	0.001

2.3 ├ 宦壩囊恍扉←失堳号亂壨呀傚嗺

剡処C/kgmm失堳号亂壨呀┐ 磬復傒宦┳ 暨2.37±1.22暩d磬傚埡宦儿┳ 暨4.93±1.02暩d磬傚嗺 t=12.082磬P=0.001<0.05⇑傚嗺├ 宦伉兟揯ㄨnm壩囊恍扉磬兟揯ㄨ吳儳写磬P>0.05磬屙兟揯nm磬復傒宦☞┘ 傚埡宦磬P<0.05磬怏徨┐ 彙 3⇑

彙 3 ├ 宦壩囊恍扉傚嗺暨 $\bar{x} \pm s$ 暩

宦ㄨ	〕同	剝劉屻崀		婚♂ㄖ崀		孤婧ゃ丹	
		兟揯ㄨ	兟揯nm	兟揯ㄨ	兟揯nm	兟揯ㄨ	兟揯nm
復傒宦	35	70.85±2.22	79.63±1.66	70.05±1.96	80.63±2.41	68.15±1.76	87.15±1.79
傚埡宦	35	69.42±2.05	74.05±1.53	70.11±1.42	75.14±1.58	69.05±1.54	82.44±1.62
t	-	1.728	12.728	1.728	13.782	1.527	15.052
P	-	0.524	0.001	0.258	0.001	0.662	0.001

3 讨论

卄夔噤夔僊┘ ┳ 六噤夔岤奫呱┳ 咕叼她吤官磬nA▾ 憖憰媦偯夼剝磬兢ぇ甍勢屘刱侜⇑ ♩伉卄夔噤夔她慮媝┤ 磬ｾﾝ匚卄夔巡埬嫽伶學她凅中磬湊傃呋ぇ【勢屘丅墇┐ kℓ變伻她兢ｶﾘ失磬ナ┤ 剡処←C/kgmm僊┘ 呱┳ 兑徨她孌伻磬傚勢屘勍憤劻她恶揖凅中慆側磬♂ 晏卻捻♫勢屘伉噤夔咱挽她壩囊恍扉[6]⇑ │┤ ㈤傾揖乙哑nA姬磬怎懹乙勢屘倆彙墇┳ 嘐搢├ 庮伻磬区埡峖夔她吤官傚怎懹乙勢屘甍彐噤夔磬nA▾ 憳匚傚剡処←C/kgmm失堳甍彐号亂她娑她磬咕匚┘ 勢屘甍彐刱侜⇑ 展庬匚怎懹乙勢屘噤夔log咱慆抄磬┳ 甍┆ 嗕こ掙勢屘伉峖夔噤夔慮媝┤她叼哖磬哈搳徥め俍傚关她勿墠儩× ⇑

▾ 峖夔傚怎懹乙勢屘噤夔磬僊┘ ┤ ㈤噤夔怎失呱┳ 咕叼她吤官磬区埡峖┤ 密巡磬nA▾ ぇ【巡埬伶偃憖憰× 壨┘ 夼ﾋﾝ懹♪磬憳匚傚勢屘岩峬ㄖ峎甍彐怫嵛她娑她磬怫丆崢岬磬ぇ【勢屘剡処←C/kgmm失堳甍彐号亂⇑ 伉嗔噤夔她慮媝┤ kℓ呀┳ 勢屘僈冗扚傚刜她兟揯磬㈠k㈠僈冗処墠兟揯←撵搫兟揯▾ ㊦ゃ丹匸傝←捼俵垘婧捞媱嫽侚墠磬kℓ哇nA▾ 憳匚傚勢屘崢岬ㄖ峎甍彐怫丆磬寰徼勢屘剡処←C/kgmm失堳她娑她磬ぇ【勢屘傚关失堳nA▾ 僥击澤匚号亂⇑ 家μℓ咤嗂傚嗺勿墠nA徨磬伉兑循勿墠她佢娘┐ 傚怎懹乙勢屘甍彐寬μℓ刜勿墠兟揯磬娊偳nA▾ 憖憰号亂勢屘傚关失堳磬ぇ甍勢屘刱侜磬阨㈢勢屘伉刱侜慮媝┤ 她壩囊恍扉⇑

剖┻ 磬伉傚岤奫卄夔nm嘐揗├ 庮伻剡処C/kgmm勢屘甍彐峖夔噤夔慮媝┤ 磬nA▾ 傾寬μℓ刜勿墠兟揯甍彐慱壨⇑

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