

# 优质护理服务在健康管理中心的应用

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**【摘要】**目的: 探究优质护理服务在健康管理中心的应用。方法: 选取 2021 年 6 月-2022 年 1 月期间于健康管理中心体检并建立健康档案患者 102 例, 作为研究对象, 按照体检先后顺序将其分为实验组及常规组, 常规组采用常规护理, 实验组实施优质护理, 分析两组患者的干预效果。结果: 在无其他因素的干扰下, 实验组整体情况优于常规组,  $P < 0.05$ 。结论: 健康管理中心的护理工作发挥着至关重要的作用, 护理人员要根据工作中遇到的风险和问题, 及时总结护理经验、不断学习, 能够保障体检过程的安全性。优质护理服务效果较好, 能够提高护理工作的准确性和有效性, 能够增强护理人员准确识别风险的能力, 为患者提供准确有效的体检指导与认知干预, 增强患者对体检的重视程度。同时能帮助患者保持积极的心态, 防止患者受到不良事件的影响, 提升患者的护理体验。从而提高患者的满意度, 帮助患者保持体检过程中的良好心理状态, 进一步缓解患者身心不适等情况, 值得临床推广。

**【关键词】**: 优质护理服务; 健康管理中心; 应用; 干预效果

## Application of Quality Nursing Service in Health Management Center

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**Abstract:** Objective: To explore the application of quality nursing service in health management center. Methods: 102 patients who underwent physical examination in the health management center and established health records from June 2021 to January 2022 were selected as the study subjects. According to the order of physical examination, they were divided into the experimental group and the routine group. The routine group adopted routine nursing and the experimental group implemented high-quality nursing. The intervention effects of the two groups were analyzed. Results: without the interference of other factors, the overall situation of the experimental group was better than that of the conventional group ( $P < 0.05$ ). Conclusion: the nursing work of the health management center plays a vital role. The nursing staff should summarize the nursing experience and learn constantly according to the risks and problems encountered in the work, so as to ensure the safety of the physical examination process. High quality nursing service has good effect, which can improve the accuracy and effectiveness of nursing work, enhance the ability of nurses to accurately identify risks, provide accurate and effective physical examination guidance and cognitive intervention for patients, and enhance the importance of patients to physical examination. At the same time, it can help patients maintain a positive attitude, prevent patients from being affected by adverse events, and improve their nursing experience. So as to improve the patient's satisfaction, help patients maintain a good psychological state in the physical examination process, and further alleviate the physical and mental discomfort of patients, which is worthy of clinical promotion.

**Keywords:** Quality nursing service; Health management center; Application; Intervention effect

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三(H)拈 拈措循嫫 卩 鼻替め(H)夔忙扉丁 偁夕嬢嬢替一 儆儆拈拈  
咬宿 L 叻替悦二(H)夔偁替份嗔 や母嬢嬢 処(H)夔后 控嚙婺  
她扇徒摺寄 卩 ↑ 替 忙勿嬢嬢(有)吓慄慮 | 係嬢偁 μ 嬢嬢她脚否傲  
尉惹三 拈拒替伉勿嬢嬢 替 | 拈 替 尉 T | 処替 T 才庇 | 替 忙  
揮叫她勿嬢嬢唤替 替 惹替尉拈俯替 拈一 互 佢嬢嬢拈替 侈 互 勿  
嬢嬢她偁夕 拈丁 拈 叫 拈 替 慄慮 揮忙扉她 替 忙勿嬢嬢 二 拈 替 尉 她 や

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1 资料和方法  
1.1 悚吗  
咤嬢嬢嬢嬢 102 ) 卩 咤拈や母嬢嬢 処 控働拈嬢嬢 や母  
唱唤替尉优 T T 宦替兑循宦替尉 51 ) 替嬢嬢 拈 替 22 峯  
68 偁替优 拈 替 47.89±2.14 際 偁替 卩 兑 勿 嬢嬢 否 卩 儆 標 宦  
替 尉 51 ) 替嬢嬢 拈 替 21 峯 66 偁替优 拈 替 46.36±2.47 際 偁替  
儆 否 替 忙勿嬢嬢 卩 ↑ T 宦替尉 佢 咤 悚 吗 吴 叫 拈 写 替 0.05 ↑



