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疼痛护理干预对肛肠科患者术后舒适度和疼痛的影响

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【摘　要】：目的：探究疼痛护理干预对肛肠科患者术后舒适度和疼痛的影响。方法：选取我院在 2020 年 1 月至 2022 年 1 月收治的 60 例肛肠科术后患者，随机分为观察组（疼痛护理干预）和对照组（常规护理）各 30 人。结果：观察组治疗依从性高，观察组生活质量、睡眠质量、不良情绪、疼痛症状改善更明显（P<0.05）。结论：疼痛护理干预对肛肠科患者术后舒适度和疼痛的影响效果十分显著。

【关键词】：疼痛护理干预；肛肠科；术后舒适度；疼痛

Effect of Pain Nursing Intervention on Postoperative Comfort and Pain of Anorectal Patients

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Abstract: Objective: To explore the effect of pain nursing intervention on postoperative comfort and pain of anorectal patients. Methods: 60 cases of anorectal postoperative patients admitted in our hospital from January 2020 to January 2022 were randomly divided into the observation group (pain nursing intervention) and the control group (routine nursing) with 30 patients each. Results: The treatment compliance of the observation group was high, and the quality of life, sleep, bad mood and pain symptoms of the observation group were improved more significantly (P<0.05). Conclusion: The effect of pain nursing intervention on postoperative comfort and pain of anorectal patients is very significant.

Keywords: Pain nursing intervention; Anorectal department; Postoperative comfort; Pain

岑岕夬夼咦nm醫卵傻价採◇太夺呖兑徨她兢ㄉ失醫兡斃⇐卵傻墆侁┓ 嵑⇐敓戲巡埬咢偨ダ侮叼⇐ㄠㄐ太夺嫽└┐ 憇失堳她ㄉ壟俱ㄊ妠デ[1-2]⇑ 懹ㄛ剪屘♂丅墇傻坮壽剝儿醫【岧ㄒ峎ㄣ卞⇐暾傻孳劉唲她ㄉ壟摺搁侈—⇑kℓ呀咦nmㄣlog佯嚶岨⇐ㄠㄐ太夺她凅中醫♂【ㄠㄐ她圖μℓ呀挽冒抄⇑┯号亂揯nm刱侜醫搳徥扃ㄍ咕叼她勓嗯一愿剪屘她太夺失堳[3-4]⇑ 咤吐吸伉卹媲太夺勿墠兟揯傚岑岕嬋剪屘咦nm崭�異丁太夺她凅中⇑

1 资料与方法

1.1 ┆ 崹悚吗

憔ㄍ勃掂伉 2020 兡 1 咔崟 2022 兡 1 咔叵噤她 60 〕岑岕嬋咦nm剪屘醫掫咪ㄛ┯ 復傒宧丁傚埡宧GHz 30■⇑ 復傒宧狣优兡斃暨58.64±6.12暩僖暻傚埡宧狣优兡斃暨59.17±6.51暩僖⇑ ┆ 崹悚吗吳儳写醫P>0.05⇑

1.2 吤噱

太夺勿墠兟揯復傒宧暺暨1暩佢娘勿墠⇑ 咦nm(ㄉ)ㄴㄷ剪屘怫后(五)六倓ㄙ醫噻劂┓ 徥升㊂勓咦懹♪牞傚怎懹♪憤劻扇ㄇㄹ坅醫嗓娫她倓ㄙnA▾ ㄛ忤獷回瀆墆侚⅃ 嗓兑堳分醫ㄋ甍宧宪圖μℓ⇑ 咦nm(五)六咱挽搳徥(ㄉ)ㄴㄷ剪屘区呀屑愎醫屑愎呀噻劂┓ 徥凅中ㄷㄴ勓咦×ㄐ⇑ 咦nmㄣ太夺伶學她凅中醫剪屘採シ♂丅墇獷㊂(ㄈ)撣她剝儿醫嗔呀nA▾ 吳呜復傒ㄷ剪屘她鱖mV丁処塺一击醫勍▾ 搳徥勿墠■ Gy俱ㄊ妒嚭剪屘她GHz揹佢娘壟一⊡凌醫媔哌揯捨丅墇┓ 嵑兢ㄉ失⇑ 伉撦搫吤揖醫伶┯ 剪屘吳噱┓ 六甍搫醫勍▾ 搳徥┯ 剪屘ン供囹困呋囆屮她嚦恺搫埬醫懀扉侈一廛奶恺她厹夕扉醫▾ 侈冱⊡恺醫ㄋ甍ㄠㄐ圖μℓ⇑ 暨2暩壨巡匸傝⇑ ┆ 崹剝儿┓ 醫岑岕嫇咦nm壨巡┯ 徥呖┯ ╗ 揯捨咦nm丅墇剔唲醫懇シㄠㄐ垠醫咦nm慶搳徥懀冶【壨按夺巡埬醫┯ 六兑憟慮惃ㄟ按夺寰微咦nm太夺醫伉咦nm忯♠剪屘她太夺媝鼻nm┯ 剪屘ン供扚傚刜她按夺巡埬⇑ 仆剪屘┤ 唚懅(ㄐ)仆咘巡醫kΩ姬剪屘咘巡惋俇偁ダ醫┓ ♂励奧┘ 吳┤ 扇砮ㄐ× 壨醫▾ ㄍ澤剪屘她成μℓ鼻⇑ 暨3暩处墠勿墠⇑ ┯ 剪屘▦ 宰岑岕嫇㊦勓咦噤夔她妠デ姬忱醫宇嗓剪屘傚夬夼她拡怗忒忱醫kΩ姬剪屘咦nm丅墇太夺呖嗓兑她壟墠墇恥醫吳搳慮ㄛ匍処⇑ ｂ掂咱挽傊ㄊ妒藷剪屘她処墠ㄣ卅醫媔哌└ 剪屘甍彐噓慄╫ 嚦醫┆ 呐ㄉ墇剪屘丅墇埔庬⇐勲懧嫽恶揖剝儿呀醫搳徥㊦呀甍彐┆ 傚┆ 她処墠夏傝醫儉nA峎伐囆掃牞寰微剪屘她恶揖剝寋醫ㄛ忤剪屘傚噤夔勿墠儩× 她成μℓ鼻⇑ 仆剪屘傻僊偁卹徬掇◇剪屘醫志剪屘劉ㄣㄷ咾崕傻冀她圍呻⇑ 暨4暩夼剝復傒⇑ 咦nm伉剪屘ｂ掂咱挽搳徥—冱儹徬醫娫忒剪屘勓咦懹♪咕吳丅墇岨岩⇐太夺丁ㄊㄐ吏吗匿獷嫽┓ 嵑失堳醫俱ㄊ妒嚭剪屘她⊡圍ㄣ卅醫▾ 娫忒呖kPa丅墇┐ 垠失ㄗ关⇑ ┆ 呐ㄉ墇写兑醫搳徥媺(有)kΩ姬┯ 噤(ㄐ)儽甍彐噤夔醫俏┯ ㄊㄐ㎜勖慮孺冢惀她太夺醫搳徥憟冶叹唷㎜勖⇑ 嗔侠醫慶徥嘪勿墠■ Gy埯宦危厖太

夼勿墠勴崀磤┓ 吡偕┼ 磤咍吣勿墠姬忱磤▾ こ忤nA▾ ┬ 匊尉 阢丨咍撣嚶兟她勿墠咘┤⇑ 屙扃壨兑循吤噱勿墠傚埡宦匊尉⇑

1.3 復傒匚唅

暨1暩噤夔刂 │刜暻暨2暩㊣埡 SF-36 扉彙[5]忯◐ 攉囊恺扉暻暨3暩慱壨 PSQI 忯乙唅ン[6]忯偯姃妮恺扉暻暨4暩慱壨 SAS⇐SDS 忯乙[7]忯偯┓ 嵑剝寋暻暨5暩慱壨 VAS⇐VRS⇐PPI 忯乙唅ン[8]忯◐ 太夼失堳⇑

1.4 寁忏偕乙哑

慱壨 SPSS22.0 寁忏偕憇● 乙哑⇑

2 结果

2.1 噤夔刂 │刜暺復傒宦慆撣暨P<0.05暩磤徨彙 1⇑

彙 1 噤夔刂 │刜[n暨%暩]

宦ㄨ	〕同	偨ダ刂 │	懹乙刂 │	┓ 刂 │	剖刂 │塺
復傒宦	30	11	17	2	93.3%暨28/30暩
傚埡宦	30	9	13	8	73.3%%暨22/30暩
x^2					12.054
P					<0.05

2.2 攉囊恺扉暺復傒宦号亂叼哖咍《暨P<0.05暩磤徨彙 2⇑

彙 2 攉囊恺扉暨 $\bar{x}$ ±s磤乙暩

宦ㄨ	〕同	愧⊡ㄗ崀		婚♂ㄗ崀		德嵩ㄗ崀		忒姬ㄗ崀		剖⊡ゃ丹	
		兟揯ㄟ	兟揯nm	兟揯ㄟ	兟揯nm	兟揯ㄟ	兟揯nm	兟揯ㄟ	兟揯nm	兟揯ㄟ	兟揯nm
復傒宦	30	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
傚埡宦	30	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		暾0.05	<0.05	暾0.05	<0.05	暾0.05	<0.05	暾0.05	<0.05	暾0.05	<0.05

2.3 姃妮恺扉暺復傒宦号亂叼哖咍《暨P<0.05暩磤徨彙 3⇑

彙 3 姃妮恺扉暨 $\bar{x}$ ±s暩

宦ㄨ	〕同	傒户嗂同暨嗂暩		夕姃呀挽暨h暩		姃妮恺扉忯乙暨乙暩	
		兟揯ㄟ	兟揯nm	兟揯ㄟ	兟揯nm	兟揯ㄟ	兟揯nm
復傒宦	30	5.78±1.37	1.38±0.58	4.10±1.12	0.36±0.19	8.64±1.25	3.25±1.02
傚埡宦	30	5.84±1.26	3.21±1.20	4.05±0.92	1.15±0.84	8.68±1.50	6.23±1.26
t		0.083	6.635	0.074	7.973	0.070	8.983
P		>0.05	<0.05	>0.05	<0.05	>0.05	<0.05

2.4SAS⇐SDS 忯乙暺復傒宦号亂叼哖咍《暨P<0.05暩磤徨彙 4⇑

彙 4 SAS⇐SDS 忯乙暨 $\bar{x}$ ±s磤乙暩

宦ㄨ	〕同	SAS 忯乙		SDS 忯乙	
		兟揯ㄟ	兟揯nm	兟揯ㄟ	兟揯nm
復傒宦	30	59.84±5.11	41.47±4.16	60.18±5.33	40.33±4.12
傚埡宦	30	60.15±5.47	50.14±4.11	60.05±5.29	50.39±5.02
t		3.652	11.055	2.368	15.624
P		>0.05	<0.05	>0.05	<0.05

2.5VAS⇐VRS⇐PPI 忯乙暺復傒宦号亂叼哖咍《暨P<0.05暩磤徨彙 5⇑

彙 5 VAS⇐VRS⇐PPI 忯乙暨 $\bar{x}$ ±s磤乙暩

宦ㄨ	〕同	VAS 忯乙		VRS 忯乙		PPI 忯乙	
		兟揯ㄟ	兟揯nm	兟揯ㄟ	兟揯nm	兟揯ㄟ	兟揯nm
復傒宦	30	5.84±1.24	4.01±1.01	35.18±1.35	25.34±1.02	4.64±0.74	2.35±0.36
傚埡宦	30	5.88±1.25	4.74±1.11	35.21±1.64	28.39±1.38	4.66±0.59	3.52±0.44
t		0.023	40.674	0.471	217.492	0.105	21.957
P		>0.05	<0.05	>0.05	<0.05	>0.05	<0.05

3 讨论

岑岕嬅咦nm毄尉♂咕妠デ兢㘡失㘡壟瞽懹乙毄尉伶敓戲慶噔咕偨ダ囆侮瞽♂凅中ナ嗓兑卵傻瞽kℓ呀咦nm♁ᶊ偊伉嗺慆冱垹她太央劉瞽一扇毄尉她処墠恶匍瞽傚咦nm刱侜、壟┓ㄴ凅中瞽壤尉♂丅墇傻坮壽[9-10]⇑ ┐ 憇剝儿她偊伉┼ ♂傚夼剝她㘡慢、壟凅中瞽丅墇岧ㄖ崀卞♁ ←噭傻孳寁劉唲嫽瞽┤扇尉♂㘡壟岧韄嫙⇑ ─┻ 伉ㄧ垹太央她凅中┓ 瞽♂呉呜侈侧毄尉她処墠㊀ㄟ瞽伶嗔┳ ぇ愿夬夼刱侜瞽屈摵冱卦傚毄尉她太央兟揯[11-12]⇑

咤吐慄慮卹媲太央勿墠兟揯傚岑岕嬅毄尉咦nm崭懆奠丆太央她凅中瞽家哖呜婗瞽復傒宦噤夔ㄧ │刜撣瞽復傒宦壟囊恺扉←姃妮恺扉←┓ 嵑剝寋←太央失堳号亂咍呉嘆P<0.05矊┳ 徥㊉伶┳ 暺伉┓ 吡号ㄎ(ㄖ)偕喤窐她凅中× 壨┓ 瞽■ ◆ 憙圁厊(ㄷ)┗ 傚勿墠咘┤她徥嘪瞽傚┫ ⊡卦←寀嵛她扇徬奠怒咾怒撣⇑ 娀媲㘡墇瞽傚毄尉偳否太央嬝墠瞽峎侘【毄尉厊撣崨勃嬝墠峎ㄟ瞽nA▾ 扃壨倆嫊吤窐寰徼崨慏她太央失堳瞽懟扁一愿ナ┓ 嵑剝寋瞽厊撣噤夔ㄧ │刜瞽一击夬夼刱侜⇑ ┳ 号亂毄尉她太央婺奠瞽勿墠■ Gy搵徥傚毄尉她太央ᶠ⁻关懟彐▣ 寀復傒瞽嗓娩乙哑傚太央、壟凅中她伶學[13]⇑ 伉■ ⊡┤ 瞽太央┳ ┆ 嫊┳ 復ᶠ⁻关瞽伶嗔伉忯♠岑岕勓咦毄尉太央婺奠慮婺┤ 瞽哌侧伐展摽┐ (ㄖ)勿■ Gy她寀摽瞽关冶└ 毄尉ゲ乙噓慄瞽懟扁偳墠嗓娩忯♠瞽伉忯♠咱挽瞽勿墠■ Gy搵徥家μℓ毄尉她夼剝悚吗丆傻僊她ᶊ⁻憇悚吗瞽兢寬μℓ毄尉她ᶊ⁻憇瞽懟扁傚┤ 刜卦她太央勿墠吤唤ㄱ偯丅咾瞽┓ ▌ 崀侇寰徼ナ太央失堳瞽慶nA▾ 号亂ナ咦nm刱侜恺扉[14-15]⇑

寬┐ 勍憇瞽傚岑岕嬅咦nm毄尉关壨太央勿墠兟揯瞽┓ ▌崀侇一愿ナ太央失堳瞽慶nA▾ 厊撣ナ噤夔ㄧ │刜瞽寰徼ナ┓ 嵑剝寋瞽号亂ナ壟囊㊦姃妮恺扉⇑

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