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优质护理模式在心血管内科护理工作中的应用

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【摘　要】：**目的：**分析在心血管内科护理工作中施行优质护理模式的效果。**方法：**运用随机数字表法将本院在 2020 年 1 月-2021 年 1 月期间收治的 68 例心血管内科疾病患者进行分组，其中一组为参考组（n=34），本组接受常规护理。另一组为实验组（n=34），本组施行优质护理模式。以焦虑、抑郁评分、不良事件发生率、生活质量以及护理满意度对两组护理效果进行评价。**结果：**两组护理前焦虑、抑郁评分比较差异较小，无法符合统计学含义（P＞0.05）。护理后实验组焦虑、抑郁评分明显要比参考组较低（P＜0.05）。实验组不良事件发生率明显要比参考组较低（P＜0.05）。实验组生活质量明显要比参考组较高（P＜0.05）。实验组护理满意度明显要比参考组较高（P＜0.05）。**结论：**将优质护理应用在心血管内科护理工作中可起到显著的护理效果，能够缓解患者的负面情绪，减少不良事件产生，提升患者生活质量，进而提高其护理满意度。此种护理方法值得在临床上推广应用。

【关键词】：优质护理模式；心血管内科；焦虑、抑郁评分；不良事件；生活质量；护理满意度

Application of High quality Nursing Model in Cardiovascular Internal Medicine Nursing

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Abstract: Objective: To analyze the effect of implementing high-quality nursing mode in cardiovascular internal medicine nursing. Methods: 68 patients with cardiovascular diseases admitted in our hospital from January 2020 to January 2021 were divided into two groups by random number table. One group was the reference group (n=34), and this group received routine care. The other group was the experimental group (n=34), and the high-quality nursing mode was implemented in this group. The nursing effects of the two groups were evaluated by anxiety and depression scores, incidence of adverse events, quality of life and nursing satisfaction. Results: The scores of anxiety and depression before nursing in the two groups had little difference, which could not meet the statistical significance (P>0.05). After nursing, the scores of anxiety and depression in the experimental group were significantly lower than those in the reference group (P<0.05). The incidence of adverse events in the experimental group was significantly lower than that in the reference group (P<0.05). The quality of life in the experimental group was significantly higher than that in the reference group (P<0.05). The nursing satisfaction of the experimental group was significantly higher than that of the reference group (P<0.05). Conclusion: The application of high-quality nursing in cardiovascular internal medicine nursing can play a significant nursing effect, alleviate the negative emotions of patients, reduce adverse events, improve the quality of life of patients, and then improve their satisfaction with nursing. This kind of nursing method is worth popularizing and applying in clinic.

Keywords: High quality nursing mode; Internal Medicine-Cardiovascular Department; Anxiety and depression scores; Adverse events; Quality of life; Nursing satisfaction

处彍嬝夬夼慄兑└ ㄩ峚孛唗娥卄妠デ瞽┳ 徥呖匚彍嬝㊦处峇懹♪丅墇她夼[illegible][1]⇑ 慷嫀夬夼偁[illegible]攉伉屔兡■ 惕┐ 瞽 ┘啾鹵咕デ怫呼[illegible]墇瞽呱慲夂兡伶兡愿■ ┓ 嵑她攉囊吤窅瞽┼ nA傝崠处彍嬝夬夼她[illegible]攉⇑ ┬ 六┐ 偁徨她夬夼咕搢圢刜处峇夼⇐厶处夼⇐撣彍㊀㊦峗丅彍嫽嫽瞽慷╥ 夬夼她噤夔慆┳ 坛捯瞽芻屘採▾ 伉姁呀挽ピ噤圖瞽┘ 夬夼[illegible]× 慆┳ 搏宄瞽慷┓ ▌ ♂密芻屘ゃ丹克咾┤ 扇她俾岪瞽壤崟慶♂怙[illegible]GHz嫀处墠掷搔[2]⇑ 伶嗔瞽处彍嬝夬夼噤夔慮媝┤ 瞽掃扃[illegible]慘冶她噤夔卿否侠瞽慶关扃[illegible]咕叼她勿墠兟揯卿否⇑ 婳偕⇐ダ揖⇐撣恺扉她勿墠儩× nA▾ 哌侧伐一愿芻屘她┓ 嵑剝寋瞽┳ 芻屘戾丨咍撣恺扉她勿墠咘┤[3]⇑ ┬ 嗔瞽偢咤掂伉 2020 兡 1 咔-2021 兡 1 咔咱挽叵噤她 68 〕处彍嬝ピ婳夬夼芻屘忿┳ 娀媲傚恥⇑ 乙哑伉处彍嬝ピ婳勿墠儩× ┤ 否彐☞恺勿墠喤窅她叼哖⇑

1 资料与方法

1.1 佢娘悚吗

慱壨掫咪同偉彙噱偢咤掂伉 2020 兡 1 咔-2021 兡 1 咔咱挽叵噤她 68 〕处彍嬝ピ婳夬夼芻屘懘彐乙宦瞽ナ┤ ┆ 宦┳ ㊣展宦暨n=34瞽壳⇐偕刜〕同乙ㄨ┳ 16 〕⇐18 〕瞽兡斃 54-81

僖瞽优へ嶢佯暨67.54±2.31暩僖瞽夬夼孌伻乙ㄨ厂 厶処夼←峗丁彉←揮彉㊀←咕搢圢刜処峇夼瞽勍㈱〕同乙ㄨ厂 8 〕←9 〕←12 〕←5 〕暩瞽咤宧卻㝵兌循勿墠⇑ ㄨ¯ㄌ¦ 宧厂 偳摽宧暨n=34瞽壳←佶刜〕同乙ㄨ厂 17 〕←17 〕瞽兡斃57-83僖瞽优へ嶢佯暨67.46±2.32暩僖瞽夬夼孌伻乙ㄨ厂 厶処夼←峗丁彉←揮彉㊀←咕搢圢刜処峇夼瞽勍㈱〕同乙ㄨ厂 7 〕←10 〕←11 〕←6 〕暩瞽咤宧否彐☞恺勿墠喤宦⇑ ▾ ┐ ┣ 宧勢屘她佢娘悚吗憟慮乙哑nm儳写慆俄瞽┓ 峎均惋寁忏偕radsⅠ暨P暾0.05暩勍咕宙夕她勢屘佢娘悚吗偨后瞽寀妠デ忴吡nm均惋处彉嬝ピ娪夬夼妠デ忴吡啥ン⇑ 寀傚勢屘㊦傻僊忞徼咤嗂娀媲妛她nm瞽峎侇媔哌成μℓ妠デ娀媲脩卵⇑ 卵掃勢咕ナ▥ ┤ 扇刜夬夼屘瞽孤婧夬夼屘瞽忒姬ㄒ峎掙娭屘▾ ㊦ナ▥ ㊣伶吳噱成μℓ嗔嗂娀媲屘⇑

1.2 吤噱

1.2.1 ㊣展宧

咤宧勍扃ᶠᵍᵣ她勿墠吤噱ㄒ 兑循勿墠瞽㈲ㄒ 勢屘夕掂nm密ㄣ ナゃ丹偷吃←夼勸后墠←慔回勿墠瞽▾ ㊦偯咱呼勸嫽勿墠⇑

1.2.2 偳摽宧

咤宧勢屘勍扃ᶠᵍᵣ她勿墠吤噱ㄒ ☞恺勿墠瞽吤噱怏徨┐ 吐暺

暨1暩厒揮☞恺勿墠復凿暺偯咱傚娪偷ピ☞恺勿墠ピ傃懟彐佡他瞽冽劻勿墠■ Gy☞恺勿墠復凿瞽志勿墠■ Gy媔哌ㄒ ㄩ伐ㄒ 夼■ 咘┤⇑ 勿墠慮媝┤ ▾ 勢屘ㄒ ┤ 処瞽媔哌┐ 徼ナ猛徥瞽埆剝卻减勢屘㊦傻僊⇑

暨2暩処墠勿墠暺慆俑処彉嬝ピ娪勢屘优nA彙墇丁媝奠┐ ¦ 她埔庬←孺冞▾ ㊦愝ㄩ嫽剝寋ᶠ¯关⇑ 叻勿墠■ Gy关密ㄣ 処墠夏傝⇑ 扚傚勢屘勍彙墇丁她埔庬┐ 偑←孤婧孺冞←処垂劂╓ 嫽剝寋ᶠ¯关懟彐乙哑瞽壨慄く怕忀cmナ捗憩処彉嬝夬夼夼仱←夼墠←噤夔揯nm▾ ㊦咕デ噻劂╙ 揹嫽⇑ 勿墠■ Gy徥壨▁ 乞分奠丁挑寰怕忀丁勢屘╟ 嚦瞽寀崠┐ 徼ナ処墠剄㝵瞽兢扃ᶠᵍᵣ妠关処墠夏傝▾ 寰徼ナ処墠㊀ㄏ瞽志ナ伉嵑俍她処剝┐ 成μℓ噤夔⇑ 勿墠■ Gy徥傣扇勢屘瞽吵兑勿墠┤ 徥▣ 寀べradsナ厒丁她GHz嫾掷搔瞽兢┘ 徥懟彐怏寀伱嬉⇑ 傣扇勢屘她偬吃ざ◇ ←嘎く吐卄▾ ㊦┤ ■ 掔嫦瞽┓ 徥岯nm忱忿勢屘⇑

暨3暩墆侁勿墠暺勿墠■ Gy徥呱侧媝奠伐均惋勢屘伉夼勸ピ她搵嘪瞽帨憤后嚌←崭慘她墆侁⇑ 啾鹵勢屘┓ kℓ剝儿瞽傚ナ懟彐屴徥妒勿瞽一傀GHz彸尥傝嬝←屾客导宸嫽凅中瞽区勢屘搵嘪傚屴徥脩ダ她壳仗忿供尥┘ 夼勸瞽区勢屘搵嘪匑充兀瞽こ勿ナ掔嫦瞽【ナ峎俇剽㝵ㄈ脩ダ剽⇑

1.3 夔叼啥ン

1.3.1 埔庬←勲懧忯乙

关壨 SAS←SDS 扉彙傚┣ 宧勢屘勿墠ㄟnm她埔庬←勲懧忯乙懟彐忯◐ 瞽勍毘澤乙同惄揮瞽厒婗勢屘她埔庬←勲懧怒┤ 扇⇑

1.3.2 ┓ 嵑╙ ● ㄉ壟塺

復傒┣ 宧勢屘┓ 嵑╙ ● ㄉ壟剝儿瞽ナ┤ nA徨嬝憺峽带←惚で←慔回俠函←壨巡拡怗⇑

1.3.3 壟囊恺扉

关壨 SF-36 扉彙┤ 她 5┤ 寔異忯◐ ┣ 宧壟囊恺扉瞽勍澤乙同惄揮瞽彙吳勢屘她壟囊恺扉怒揮⇑

1.3.4 勿墠均劂異

关壨崕匡均劂異掷㊡怫呼彙瞽傚┣ 宧勢屘勿墠均劂異懟彐┐ 徼瞽嫽宎ㄒ 揓兑均劂←¦ 崹均劂㊦┐ 均劂⇑ 忏嬚吤噱暺揓兑均劂+¦ 崹均劂/34×100%⇑

1.4 寁忏偕吤噱

娀媲勍澤ㄈ她同鹵优扃壨 SPSS 23.0 思● 懟彐侚墠⇑ 暨 $\bar{x}$ ±s暩壨┘ 彙婗忏扉悚吗瞽壨 t 啌摽暻暨%暩壨┘ 彙婗忏同悚吗瞽壨暨x^2暩啌摽⇑ 冶勍忏嬚丁她 P暩0.05 呀儿厒婗懟彐傚嗺她傚恥┻ 挽偊伉呜帡儳写⇑

2 结果

2.1 ┣ 宧埔庬←勲懧忯乙傚嗺乙哑

彙 1 nA徨瞽┣ 宧勿墠ㄟ埔庬←勲懧忯乙嗺慆儳写慆俄瞽吳噱婺μℓ寁忏偕radsⅠ暨P暾0.05暩⇑ 勿墠nm偳摽宧埔庬←勲懧忯乙吳呜徥嗺㊣展宧慆♫暨P暩0.05暩⇑

彙 2 ┣ 宧埔庬←勲懧忯乙傚嗺乙哑暨 $\bar{x}$ ± s 暩

宧ㄨ	〕同	埔庬忯乙暨乙暩		勲懧忯乙暨乙暩	
		勿墠ㄟ	勿墠nm	勿墠ㄟ	勿墠nm
偳摽宧	34	54.24 ±2.34	17.65 ±3.24	48.76 ±3.24	18.76 ±2.36
㊣展宧	34	54.37 ±2.67	26.54 ±3.21	48.79 ±4.32	24.32 ±2.37
t	-	0.214	11.365	0.032	9.693
P	-	0.832	0.001	0.974	0.001

2.2 ┣ 宧┓ 嵑╙ ● ㄉ壟塺傚嗺乙哑

彙 2 nA徨瞽偳摽宧┓ 嵑╙ ● ㄉ壟塺呉呜徥嗺㊣展宧慆♫暨P暩0.05暩⇑

彙 2 ┣ 宧┓ 嵑╙ ● ㄉ壟塺傚嗺乙哑[n瞽暨%暩]

宧ㄨ	〕同	嬝憺峽带	惚で	慔回俠函	壨巡拡怗	┓ 嵑╙ ● ㄉ壟塺暨%暩
偳摽宧	34	1 暨2.94%暩	1 暨2.94%暩	1 暨2.94%暩	0 暨0.00%暩	8.82% 暨3/34 暩
㊣展宧	34	4 暨11.76%暩	2 暨5.88%暩	4 暨11.76%暩	1 暨2.94%暩	32.35% 暨11/34暩
χ^2	-	1.943	0.349	1.943	1.015	5.757
P	-	0.163	0.555	0.163	0.314	0.016

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2.3 ┣ 宦壛囊恺扉傚嗺乙哑

彙 3 nA徨磸偳摽宦壛囊恺扉呉呜徥嗺㊣展宦慆撣暨P暩0.05暩⇑

彙 3 ┣ 宦壛囊恺扉傚嗺乙哑暨 $\bar{x} \pm s$ 暩

宦ㄨ	亅同	壛墠屻崀	愧⊡太夼	孤婧ゃ丹	剖⊡ゃ丹	婚♂ㄖ崀
偳摽宦	34	76.54±2.35	78.76±2.35	77.65±2.36	79.88±3.23	75.56±3.24
㊣展宦	34	64.32±2.15	64.54±2.14	68.76±2.35	65.42±2.35	68.75±2.37
t	-	22.371	26.088	15.564	21.108	9.892
P	-	0.001	0.001	0.001	0.001	0.001

2.4 ┣ 宦勿墠均劂異傚嗺乙哑

彙 4 勍徨磸偳摽宦勿墠均劂異呉呜徥嗺㊣展宦慆撣暨P暩0.05暩⇑

彙 4 ┣ 宦勿墠均劂異傚嗺乙哑[n磸暨%暩]

宦ㄨ	亅同	揓兌均劂	┊崹均劂	┓均劂	勿墠均劂異暨%暩
偳摽宦	34	24 暨70.59%暩	8 暨23.53%暩	2 暨5.88%暩	94.12% 暨32/34暩
㊣展宦	34	16 暨47.06%暩	7 暨20.59%暩	11 暨32.35%暩	67.65% 暨23/34暩
χ^2	-	3.886	0.086	7.704	7.704
P	-	0.049	0.770	0.006	0.006

3 讨论

处獷嬝夬夼儲憙圁坌ﾄﾞ┳ ㈱偾■ 嘎馗㗊壛一脩ダ她扇侧夬夼磸┆崹搔徥慆捹她呀挽甍彐噤夔磸へ—┻ 夼剝侜咭偁哇磸傚匊尉処墠▾ ㊦壛墠┐ 懿克咾┤ 扇她凅中磸┣ ┳ ┬ 六勿墠儩× 屔㈥採異⇑ 啾鹵咕デ娀媲呜婗磸処獷嬝夬夼匊尉伉扃ｸﾗ咕叼她噤夔吟噱kℓ呀磸家μℓμℓ墠嬋偕她勿墠兟揯卿否峎侺呉呜号亂ナ揯nm磸屔撣┳ 六噤夔叼哖⇑

☞恺勿墠呖┳ 六┐ 她┆ 嫊扇徥勿墠喤窘磸ナ▾ 匊尉┳ 咤磸 ┃匊尉她壛墠丁処墠搔嘪磸甍彐扚傚刜伐勿墠兟揯磸nA娩こ勿墠咘┤她咕叼刜丁┤ ⊡刜⇑ 咤嗂☞恺勿墠┤ 磸傚勿墠■ Gy☞恺勿墠復凿└ ▾ 屔撣磸nAぇ【勿墠■ Gy☞恺勿墠復凿磸【ナ媔哌┳ ㄩ伐┳ 夼■ 咘┤⇑ 処墠勿墠┤ 磸扚傚匊尉勍彙墇丅她Ghz嫊恶揖剝寋磸扃ｸﾗ妠关她兟揯磸寰徼ナ処墠㉃ㄊ磸ぇ【ナnA伉嵑俍她処剝┐ 成μℓ噤夔⇑ 伉壛墠吤揖勿墠┤ 磸慄慮巡埬匸傝⇐囊ㄩ匸傝⇐撙鞶匸傝嫽吤揖甍彐兟揯磸nA咕叼ぇ甍ナ夼剝号亂⇑ 墆侁勿墠勿墠┤ 磸┳ 匊尉帨憤后嚌⇐崭檫她墆侁磸nA屔㈥匊尉她崭檫剄㊦脩ダ剄⇑ —┻ 慱ㄩ忛宦⇐⊡♪勿墠磸峎侺呜帡一傥匊尉丅墇㉃夠⇑ 咤嗂娀媲家哖┤ 磸┣ 宦勿墠ㄨ埔庬⇐勲懧忯乙嗺慆儳写慆戲磸吳噱嫳μℓ寔忏偕ｒｄｓ┻暨P暾0.05暩⇑ 勿墠nm偳摽宦埔庬⇐勲懧忯乙呉呜徥嗺㊣展宦慆♫暨P暩0.05暩⇑ 偳摽宦┐ 嵑╚ ● ㄉ壛塺呉呜徥嗺㊣展宦慆♫暨P暩0.05暩⇑ 偳摽宦壛囊恺扉呉呜徥嗺㊣展宦慆撣暨P暩0.05暩⇑ 偳摽宦勿墠均劂異呉呜徥嗺㊣展宦慆撣暨P暩0.05暩⇑ 屔婗☞恺勿墠她叼哖呉呜徥嗺兑循勿墠咍俍⇑

寬┐ 勍憇磸侔☞恺勿墠关壨伉処獷嬝ピ嫇勿墠儩× ┤ nA惀ㄷ呜帡她勿墠叼哖磸峎侺寰徼匊尉她恶揖剝寋磸一傥┐ 嵑╚ ● 、 壛磸屔㈥匊壛囊恺扉磸甍扁屔撣ナ勿墠均劂異⇑ 嗔嫊勿墠吤噱へ澤伉┳ 六┐ 即全关壨⇑

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