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心理支持护理与饮食干预对甲状腺手术患者生活质量影响

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【摘　要】：**目的：**对甲状腺手术患者使用心理支持护理与饮食干预对患者生活质量的影响进行分析。**方法：**回顾性选取本院接收的甲状腺手术患者中的 114 例患者作为实验对象，实验时间为 2020 年 6 月~2022 年 6 月，按照护理方式的不同分为参照组与实验组，每组各 57 例患者。其中参照组的 57 例患者使用常规护理的方式，实验组的 57 例患者使用心理支持护理与饮食干预的护理方式。对两组患者的护理满意度和心理情况以及疼痛评分，还有生活质量等指标进行对比。**结果：**实验组的护理满意度为 98.25%、参照组的护理满意度为 84.21%；实验组患者的心理情况和疼痛评分以及生活质量等指均优于参照组，差异均有统计学意义（P < 0.05）。**结论：**当甲状腺手术患者使用心理支持护理与饮食干预的护理方式，可以有效提升患者的护理满意度，减少患者的疼痛情况与不良心理的影响，提升患者的生活质量，加快患者的恢复速度，拥有在临床治疗中推广的意义。

【关键词】：饮食干预；甲状腺手术；心理支持护理；护理满意度；生活质量

Effect of Psychological Support Nursing and Diet Intervention on Quality of Life of Patients Undergoing Thyroid Surgery

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Abstract: Objective: To analyze the influence of psychological support nursing and diet intervention on the quality of life of patients undergoing thyroid surgery. Methods: 114 cases of thyroid surgery patients received by our hospital were selected retrospectively as the experimental subjects. The experimental time was from June 2020 to June 2022. According to the different nursing methods, they were divided into the reference group and the experimental group, with 57 patients in each group. Among them, 57 patients in the reference group used conventional nursing, while 57 patients in the experimental group used psychological support nursing and diet intervention. The nursing satisfaction, psychological condition, pain score and quality of life of the two groups were compared. Results: The nursing satisfaction of the experimental group was 98.25%, and that of the reference group was 84.21%; The psychological condition, pain score and quality of life of the patients in the experimental group were better than those in the control group, and the differences were statistically significant (P<0.05). Conclusion: When thyroid surgery patients use psychological support nursing and diet intervention nursing, it can effectively improve patients' satisfaction with nursing, reduce the impact of patients' pain and bad psychology, improve patients' quality of life, speed up patients' recovery, and has the significance of promotion in clinical treatment.

Keywords: Diet intervention; Thyroid surgery; Psychological support nursing; Nursing satisfaction; Quality of life

声堳峆勓咦呖墇俏▒ 噤夔声堳峆夼ᄒᄂ她┆ 嫀啾噤刜噤夔她勓嗯⇑ 伶┳ ナ僊┛ う鬫刜叡× 她┆ 嫀濌♂傚匊屘她慔⊡└ 处墠憤劻┓ kℓ媝異凅中濌壤崟♂傝崠兢ᄀᄆ失她丅墇濌┤ 扇捻♫匊屘她壛囊恺扉濌埤岪匊屘她壛一脩ダ⇑ 伉慷嫀剝儿┐ 濌┳ ╗ 哈俍伐こ掙匊屘她噤夔叼哖濌傲徥扇徬勿墠卿否她关壨⇑ ♩呖兑循她勿墠吤窅兢┓ 咕叼徼リ匊屘她处墠掷搔濌扉┘ 匊屘她壛囊恺扉ㄧ埘侚┛ 慆♫她堳分[1]⇑ 伶嗔濌伉份傻㈥夔嚶兣屜㈥濌咘┤復凿愰ᄒᄂ她岯呯┓ 濌傲徥扇徬处墠史匷勿墠└ 搀搫兟揯吤窅她关壨濌扚傚刜徼リ匊屘她处墠掷搔濌屜墠噤夔└ 勿墠她成μℓ媝異濌こ掙匊屘她嗓兑壛囊⇑ 咤偳摽傚处墠史匷勿墠└ 搀搫兟揯傚声堳峆勓咦匊屘壛囊恺扉凅中甍彐娀媲⇑ 墇剖家俏┓ 暺

1 资料和方法

1.1 悚吗

Universe Scientific Publishing

沙揾刜憔ｸﾗ咤掂卻叵她声堳峆勓咦芻屘┤ 她 114 ⎫ 芻屘 × ┳ 偳摽傚恥瞽偳摽呀挽┳ 2020 兡 6 咔~2022 兡 6 咔瞽区埡勿墠吟罝她┓ kℓ乙┳ ㊣埡宦└ 偳摽宦瞽嗷宦㎓ 57 ⎭ 芻屘⇑ 宙夕唅ン暺寀 MRI⇐CT 忴吡┻ nm瞽呉娩娩忴┳ 声堳峆岨奚她芻屘暻兡斃┳ 18-80 僖她芻屘暻夼剝媦偯瞽nA▾ 偨劻偳摽她芻屘暻姬呣娀媲ピ傃瞽兢┘ 嫩尧姬剝kℓ劂她芻屘⇑ 卵掃唅ン暺偊伉┤ 扇她処峇丁岓岩ㄖ峎掙娭她芻屘暻偊伉忒姬掙娭她芻屘暻偊伉獷回孳寁⇐シ瓩孳寁夬夼她芻屘暻勓咦嬰凫失她芻屘⇑ 偳摽宦壳刜芻屘 22 ⎭ 瞽峆刜芻屘 35 ⎭ 瞽兡斃 31-59 僖瞽兢优暨45.43±0.74暩僖暻夼嫀暺声┽ 20 ⎭ 瞽声堳峆嵑刜岨奚 21 ⎭ 瞽声堳峆奫 16 ⎭ 暻㊣埡宦壳刜芻屘 24 ⎭ 瞽峆刜芻キ 33 ⎭ 瞽兡斃 32~60 僖瞽兢优暨46.24±0.76暩僖暻夼嫀暺声┽ 21 ⎭ 瞽声堳峆嵑刜岨奚 21 ⎭ 瞽声堳峆奫 15 ⎭ 暻寀嗺慆┣ 宦┆ 崹悚吗瞽吳呜帡儳写刜瞽暨P暾0.05暩⇑

1.2 吟噱

1.2.1 ㊣埡宦

扃壨兑循勿墠她吟罝⇑ ┳ 芻屘戺丨兑循佢娘她勿墠卿否⇑ 二⊡ピ傃俏┓ 暺暨1暩戺丨崭憬她夼勸墆侁瞽兎�芻屘冗僈⊡♪忥宦瞽脩卵芻屘她× 刻呀挽瞽阨(ㄷ)芻屘她姃妮恺扉⇑暨2暩伉咦ㄨ丁芻屘甍ヨ媔哌┘ 嗓娩她噓憟儩× 瞽哷妧芻屘她夼⎭瞽 ╗ 微芻屘她夼剝⇑ 伉丁芻屘╫ 嚦噓憟她慮媝┤ 瞽扇徬分異她圍丁伻瞽怕嘐她愿哖刜瞽㊦呀┳ 芻屘㊦ナ傻僊忞徼声堳峆勓咦她脩ダ│└ 勓咦噻劂╚ 揹嫽ピ傃⇑ 屜処徼嬉芻屘└ 芻屘傻僊她敻掷瞽冢傝丁敳㎲芻屘捗憇崨慡她┓ 嵑剝寋瞽こ忾勓咦偷墆侁她后嚌崭憖媝異瞽▾ 嗔戺撣芻屘她噤夔└ 勿墠成μℓ異⇑

1.2.2 偳摽宦

【壨処墠史匱勿墠└ 撙鞶兟挋屾μℓ她勿墠吟罝⇑ ┳ 偳摽宦芻屘kℓ唗彐兑循勿墠她吟罝⇑ 伉嗔佢娘┐ ┳ 芻屘彐処墠史匱勿墠└ 撙鞶兟挋屾μℓ她勿墠她吟罝⇑ 捏ゴ瞽処墠史匱勿墠吟揖暺暨1暩忯♠芻屘她処墠暺ねㄴ╬ 铉她吟罝瞽危厖芻屘她処墠堳分瞽兢傚ナ処墠堳分甍ヨ忯♠瞽危厖芻屘傚╝ 夬夼她忒忱媝異暻暨2暩┳ 芻屘甍ヨゃ丹偷吃暺伉芻屘ｂ掂┻ nm瞽┳ 芻屘ｶﾛ叹└ 夬夼妠デ她ゃ丹偷㊝勓プ瞽克搆芻屘偕┽ 夬夼她ｶﾛ夼伶學⇐勓咦噤夔她叼哖⇐夬夼她㈱偾⇐咦nm她噻劂╚ 揹嫽ピ傃瞽宇嗓芻屘她拡怗忒姬⇑ 嗔侠瞽徥kΩ姬芻屘勓咦搵徥成μℓ她徥埑⇑ ねㄴ埡埈└ 徬搏她吟罝志芻屘埯削丁╗ 微勓咦偷她墆侁丁┳ 噤㈱壥她妠デ剝ル瞽▾ 嗔一傑捺壥剭克咾她囆哌凅中⇑ 暨3暩処墠吟揖她怫勿暺伉芻屘卻ﾄﾝ声堳峆勓咦噤夔她慮媝┤ 瞽ㄙ扙♂、 壥処墠关垆ｱﾙ⁻关瞽傚芻屘她壥墠└ 処墠嫽、 壥ㄷ垆剭瞽崠【芻屘丁墇埔庬丁孺冞嫽恶揖剝寋瞽捻♫芻屘噤夔└ 勿墠她成μℓ異⇑ 慷呀勿墠■ Gy徥丁芻屘甍ヨ屜処她╫ 铉瞽┳ 芻屘▦ 宰勓咦噤夔劻ㄖ她唤⎭瞽戺撣芻屘她噤夔ざ処└ 噤夔成μℓ異⇑ 暨4暩咦┤ 勿墠暺兎ㄴ芻屘侚╝ 慘偵她⊡♪瞽妒豁芻屘壥一⊡凌她ﾄﾝ卄瞽ー傑┓ 扙徥她咁揊瞽め俍芻屘她咦┤ こ呻儩× 瞽娩こ勓咦偷她サ客侚╝ 哖丁她堳分瞽壨崕慡她└ ┣ 勿墠嚶挑瞽密└ 芻屘妠关她脩ダ剭⇑ 暨5暩咦nm她勿墠暺伉芻屘敓戲呀挽慮nm瞽♂ 丁墇太夼剭瞽慷呀猛徥傚芻屘她太夼媝異甍ヨ忯♠瞽▾ 忯♠家哖┳ 刂鹵瞽憔匦嗓娩她寰微太夼她吟噱瞽兑徨她咕乙合夔噱丁揲┽ 夔噱嫽⇑ 俏哖芻屘採▾ 屒ﾄﾝ太夼她剭徯瞽nA▾ 家μℓ(ㄐ)仆┳ 芻屘戺丨按夼她巡埬⇑伉偨励勓咦└ nm瞽芻屘徥僥扉瓟ㄹ搭懹她勤ㄩ剝ル瞽扇徬冢嚦嬝勿墠儩× 她甍ヨ瞽戺撣kΩ姬揯捨芻屘卜垹丞寞瞽ー傑怜怆她剝ル瞽瓟ㄹ丁獷怙仱她凅中瞽傚芻屘×ﾄﾝ⁻她岨岩剝ル甍ヨ復傒瞽┆ 吶ｶﾛ墇芻屘她獷嚦MW墇俔┘ 击她堳分瞽徥㊦呀kΩ姬(ㄐ)壥⇑ ナ嗂瞽撙鞶吟揖她勿墠暺伉偨励勓咦└ nm她嫳┆ 侨瞽徥kΩ忳芻屘坞ﾄﾝ⁻她扇徥刜瞽吃卮芻屘嗓娩她坞ﾄﾝ⁻吟窇瞽傚芻屘呖kPa偊伉⎭ 慴婧寀卞ㄨ甍ヨ復傒瞽俏哖偊伉⎭ 慴婧寀卞ㄨ瞽傲徥嬰鞶瞽└ 嗔kℓ呀┳ 芻屘彙ゲ捏峚峎扉⇑ 俏哖噔咕丁墇婧寀咣啃卞ㄨ她芻屘nA▾ 伉咦nm她 6h 鞶壨嚦恺鞶埬瞽捨嗒m³丟鞶埬憤励太夼⇑ 伉撙鞶扉吟揖祚匱傥扉偊搯她吟罝⇑声堳峆勓咦芻屘♂丁墇▸ 恮一憣⇐咪⊡屡峎侧嫽堡垮瞽勍▾ 搵徥㊦呀┳ 芻屘彙ゲ撣孪丁撣寔壥學▾ ㊦撣廛奶她鞶埬⇑ リ┓ 峎鞶壨憼傲ㄷㄝ垆⇐傚┤ 哙婧寀惀ㄷㄇ勲ㄹ× 壨她鞶埬瞽俏嚳嶆丁不乫嫽⇑

1.3 復傒匚啥

1.3.1 勿墠均劂異

傚嗺┣ 宦芻屘她勿墠均劂異瞽【壨咤掂崕ㄹ她勿墠均劂異怫哷彙甍ヨ忯乙丁傚嗺瞽剑乙 100 乙瞽区埡(ㄨ)乙均劂丁佢咤均劂▾ ㊦┓ 均劂嫽匚啥甍ヨ傚嗺⇑ ナ┤ (ㄨ)乙均劂暺≥80 乙暻佢咤均劂暺60-80 乙┻ 挽暻┓ 均劂暺瞥60 乙⇑ 勿墠均劂異=暨(ㄨ)乙均劂+佢咤均劂暩/剑⎭同×100%[2]⇑

1.3.2 処墠剝ル

傚┣ 宦芻屘她処墠剝ル甍ヨ傚嗺瞽【壨 SAS 扉彙丁 SDS 扉彙甍ヨ忯乙丁傚嗺瞽ナ┤ ┣ 宦同へ优呖惄俄瞽彙婗勿墠叼哖惄俍⇑

1.3.3 太夼忯乙

傚嗺┣ 宦她太夼忯乙瞽【壨 VAS 扉彙甍ヨ忯乙丁傚嗺瞽ナ┤ 同へ惄♫瞽彙婗勿墠叼哖惄俍⇑

1.3.4 壥囊恺扉

傚┣ 宦芻屘她壥囊恺扉甍ヨ傚嗺瞽【壨壥囊恺扉嚶挑扉彙甍ヨ忯乙丁傚嗺瞽ナ┤ ┳ 徥傚剝劉堳分丁壥墠屻峎挋忏婚♂屻峎瞽慶咕剑⊡ゃ丹嫽匚啥甍ヨ傚嗺瞽ナ┤ 同へ惄侧瞽彙婗勿墠叼哖惄俍[3]⇑

1.4 寔忏偕乙哑

扃壨 SPSS22.00 思● 傚咤嗂娀媲同鹵甍ヨ乙哑瞽忏扉悚吗壨 $\bar{x}\pm s$ 彙婗瞽ヨ t 啌摽瞽忏同悚吗壨奸乙嗺彙婗瞽扃壨 x^2 啌摽瞽冶 P瞥0.05 呀瞽儳写咕寔忏偕劂┻ ⇑

2 结果

2.1 勿墠均劂異傚嗺

傚┣ 宦勢屘她勿墠均劂異哖懘彐嗺慆磬勹墇偳摽宦勿墠均劂異呉呜撣┛ ㊣埡宦磬儳写咕寁忏偕劂┗ 暨P瞥0.05暩磬徨┓ 彙 1暺

彙 1 ┣ 宦勿墠均劂異她嗺慆暨n磬%暩

宦ㄨ	n	㈦乙均劂	佢咤均劂	┓均劂	均劂異
偳摽宦	57	32	24	1	98.25
㊣埡宦	57	27	21	9	84.21
x^2					7.015
P					0.008

2.2 処墠剝儿傚嗺

傚嗺┣ 宦她処墠剝儿磬勹墇勿墠ㄟ磬┣ 宦她 SAS 忯乙丁 SDS 忯乙妠儳慆儀暨P暾0.05暩磬伉勿墠nm磬偳摽宦她 SAS 忯乙丁 SDS 忯乙☞┛ ㊣埡宦磬儳写咕寁忏偕劂┗暨P瞥0.05曫磬徨┓ 彙 2暺

彙 2 ┣ 宦勢屘処墠剝儿傚嗺暨n磬 $\bar{x}$±s暩

宦ㄨ	n	SAS 忯乙		SDS 忯乙	
		勿墠ㄟ	勿墠nm	勿墠ㄟ	勿墠nm
偳摽宦	57	57.78 ±13.36	38.18 ±6.95	59.43 ±12.73	37.81 ±7.34
㊣埡宦	57	57.54 ±13.17	47.93 ±5.59	59.98 ±12.91	48.27 ±9.43
t		0.097	8.253	0.229	6.609
P		0.923	0.000	0.819	0.000

2.3 太夼忯乙傚嗺

傚嗺┣ 宦勢屘她太夼忯乙磬勹墇伉勿墠ㄟ磬┣ 宦勢屘她太夼忯乙妠儳慆儀磬儳写吳寁忏偕劂┗ 暨P暾0.05暩暻伉勿墠nm磬偳摽宦勢屘她太夼忯乙儀┛ ㊣埡宦勢屘她太夼忯乙磬儳写咕寁忏偕劂┗ 暨P瞥0.05暩磬徨彙 3暺

彙 3 ┣ 宦勢屘太夼忯乙傚嗺暨n磬 $\bar{x}$±s暩

宦ㄨ	n	勿墠ㄟ	勿墠nm
偳摽宦	57	7.78±2.36	2.43±0.73
㊣埡宦	57	7.54±2.17	5.98±1.91
t		0.565	13.108
P		0.537	0.000

2.4 壩囊怌扉傚嗺

傚嗺┣ 宦勢屘她壩囊怌扉磬勹墇偳摽宦勢屘她壩囊怌扉呉呜☞┛ ㊣埡宦勢屘她壩囊怌扉磬儳写咕寁忏偕劂┗ 暨P瞥0.05暩磬俏┓ 彙 4暺

彙 4 ┣ 宦壩囊怌扉傚嗺暨n磬 $\bar{x}$±s暩

宦ㄨ	n	剝劉堳分	壩墠屾崀	婚♂屾崀	刨⊡ゃ丹
偳摽宦	57	88.52 ±3.25	85.53 ±3.14	81.51 ±2.31	84.46 ±2.74
㊣埡宦	57	52.32 ±2.98	66.62 ±2.22	55.89 ±1.77	57.24 ±2.39
t		61.982	37.126	66.466	56.522
P		0.000	0.000	0.000	0.000

3 讨论

声堳峆夬夼呖ピ乙噭孳寁夬夼她┆ 嫊磬└ 撣娲摓搫丁憧㊙伶學▾ ㊦墆侁伶學磬慶└ 剝寋丁叹傾客卻徾嫽咕妻俱ㄊ她デ孳磬伉┬ 六┻┤ 呱┳ 兑徨她夬夼傲呖声堳峆岨奚磬┤ 扇㈱㊦勢屘她壩一偑ダ[4]⇑ 伶嗔磬徥扇徬勿墠卿否她憔壨磬┳ 勢屘憔ㄍ嗓姴她勿墠吤窅磬厊㈥勢屘她噤夔叼哖磬寔勿勢屘她壩一偑ダ⇑ ┆ 崹伉┬ 六噤夔┻┤┳ 勢屘厊丨勓咦噤夔她吤窅磬庹埘nA▾ 咕叼卼ㄇ夼剝她勹墁磬♩呖慷嫊吤窅傚┛ 勢屘扇徿呖ぅタ刜叡× 她┆ 嫊磬kℓ呀声堳峆log慧偊伉┤ 傌她彉嬝丁婧寀磬┆ 吶媞咕┓ 劃磬♂憤劻勢屘ナ㎜ 吤揖她卞 ⇑ 嗔俠磬伉勓咦噤夔她慮媝┤ 磬慶♂号ㄘ勢屘她ピ乙噭磬┘ 婷伝勢屘她咪⊡ピ懹墆侁磬捭娭勢屘咦nm她刱侜⇑ ㄨ伉俠伉ㄘ匚勓咦太夼她凅中磬【澤勢屘她懘搫丁処墠嫽优侚┛ ┓ 墠剝她堳分磬凅中勢屘她揯nm叼哖⇑

伶嗔磬伉┬ 六噤夔她kℓ呀徥扇徬勿墠卿否她关壨磬均惋勢屘她猛嘪磬厊㈥勢屘她揯nm叼哖⇑ ♩呖兑循勿墠吤窅磬兢┓ 崀ダ揖均惋勢屘她猛嘪磬扇┘ 勢屘她壩囊怌扉侚┛ 慆♫她堳分磬太夼剔慆┳ 呉呜磬壤崟丅墇慆┳ ┤ 扇她処墠挪搔磬傝崠勢屘她勿墠均劂異侚┛ 慆♫她堳分暨84.21%暩⇑ 勍▾ 磬冶伉㈤夔嚶挑厊㈥丁咘┤復凿愰ㄘ她岯呯┓ 磬傲徥扇徬処墠史匷勿墠└ 撦搫兟揯她屾μℓ关壨磬傚勢屘她処墠剝儿懘彐忯♠磬家μℓ忯♠家哖磬┳ 勢屘冗僈ゃ丹偷吃丁処墠怫勿磬兢┘ 厊㈥勓咦慮媝┤ 她勿墠怌扉磬┳ 勢屘扃ㄍ嫇偕μℓ墠┘ 嗒夼呉呜她太夼勿墠吤窅磬一傥太夼她凅中磬家μℓ勢屘咦nm她夼剝復傒家哖磬┳ 勢屘ㄇ偯嫇偕μℓ墠她撦搫吤唤磬こ掙勢屘伉勿墠她慮媝┤ 磬nA▾ 毘澤ゲ惋她帨丿堜怌磬寔匷崨惔她吣捷▸ 悍磬—击崨惔她刱侜⇑ 慄慮慷唗她吤窅磬志勢屘 │ 壩墠ㄖ処墠嫽偁┤ 吤揖侚┛ 偨ダ叹唷她堳分磬勤愰勢屘她復凿磬【ナ▾ 媔呱┼ 復她処分磬揖傚夬夼她噤夔└ 勿墠⇑ kℓ呀┳ 勢屘屜処徼嬉敻掷磬厊㈥勢屘傚┛ 夬夼丁勓咦噤夔└ 勿墠吤窅嫽偁┤ 吤

揖ピ傃她危厖媝巽瞽一傥夬夼克咾别剭剔nA瞽卼┓ 嵑処墠掷搔她丅墇瞽nA▾ 咕叼捻♫勢屘她太央剝ルこ掙勢屘她噤夔└ 勿墠叼哖瞽呜帡厊撣勢屘她攉一恺扉瞽甍扁偳墇厊撣勢屘勿墠均劂異她崣唅⇑

寬┐ 勍憇瞽咤偳摽彙呉瞽伉揖傚声堳峆勓咦勢屘她慮媝┤ 瞽【壨処墠史匷勿墠└ 撦搫兟揯她吤官瞽nA▾ 厊㈢勢屘她勿墠均劂異暨98.25%暩瞽一傥太央她凅中暨2.43±0.73暩瞽厊撣勢屘她処墠堳分瞽一傥勳懧暨37.81±7.34暩丆埔庬暨38.18±6.95暩她凅中瞽偳墇厊㈢勢屘后⊡攉囊恺扉她崣唅瞽寔勿勢屘她慡処ゃ丹⇑ 仱嗔瞽慷嫀勿墠吤官へ澤伉┳ 六勿墠┻┤ 即全⇑

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