临床医学研究: 2022 年 4 卷 12 期
ISSN: 2705-0939(Print); 2705-0475 (Online)

心理护理在脑梗死恢复期患者中的应用

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【摘 要】：**目的：**分析给予脑梗死恢复期患者心理护理的应用效果。**方法：**研究对象为 80 例脑梗死恢复期患者，入院后采用随机双盲法分为观察组（n=40）、对照组（n=40）两组，研究时间为 2021 年 1 月－2022 年 8 月。对照组给予常规护理指导，观察组患者给予心理护理，对比两组患者护理后神经功能评分与焦虑评分；身体功能、角色功能、情绪功能与社会功能等生活质量。**结果：**观察组患者护理后观察组患者神经功能评分与焦虑评分明显低于对照组，对比有统计学意义（P＜0.05）；观察组患者的生活质量明显优于对照组，对比有统计学意义（P＜0.05）。**结论：**采取心理护理对脑梗死恢复期患者而言，能够加强有患者的交流，使得患者的社会功能与身体功能得到及时恢复，让患者能够保持良好的情绪状态，提高其生活质量，具有临床大力推广价值。

【关键词】：脑梗死恢复期；心理护理；满意度；生活质量；焦虑评分

Application of Psychological Nursing in Patients with Cerebral Infarction in Convalescence

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Abstract: Objective: To analyze the effect of psychological nursing for patients with cerebral infarction in convalescence. Methods: 80 patients with cerebral infarction in convalescence were randomly divided into observation group (n=40) and control group (n=40) by double blind method after admission. The study period was from January 2021 to August 2022. The control group was given routine nursing guidance, and the patients in the observation group were given psychological care. The neurological function scores and anxiety scores after nursing were compared between the two groups; Quality of life including physical function, role function, emotional function and social function. Results: After nursing, the scores of neurological function and anxiety in the observation group were significantly lower than those in the control group (P; The quality of life in the observation group was significantly better than that in the control group (P<0.05). Conclusion: For patients with cerebral infarction in the recovery period, psychological nursing can strengthen the communication with patients, enable patients to recover their social and physical functions in time, enable patients to maintain a good emotional state, improve their quality of life, and has a great value for clinical promotion.

Keywords: Recovery period of cerebral infarction; Psychological nursing; Satisfaction; Quality of life; Anxiety score

峗吼嗚┳ 徥呖匸▄ ⊡她峗懹ㄩ峉丅墇彉唎牫屘娥卌夼ᡣ⿰ 扁【澤ㄩ峉嬝峮呉嗚ᡣ澤咍┳ 塈媻⿰壤峉丅墇┤ 扇她挶佺挪搔⿰傝崠峗宦宪ᡣ匹凅中⿰丅墇僕懹伝嗚[1]⇑ 伉歿夼㎜⿰歿屘她偁揹ㄖ峎♂丅墇掙娭⿰嗺俏忀怕掙娭⇐み奅嫽嫽⿰ナ┤ 屔兡▄ 歿屘┳ 撣勹▄ 尳⇑ 峗吼嗚二咕惀夼刚⇐夼媝抄她堡垍⿰伉勹夼㎜歿屘搵徥懟彐抄咱牫屘宫惔噤夔⿰(有)【伉噤夔慮媝┤ 密┖╗ 歿屘巡堜噤夔⿰♩┼ ♂傝崠歿屘偊伉┓ kℓ ㄖ峎掙娭⿰密歿屘崶惔└ 傻冀克咾暾扇恶匍[2]⇑ 屑伉噤夔慮媝┤ 歿屘她埔庬剞寋♂呉嗚一扇⿰丅墇┓ 成μℓ勿墠儩× 她彐┳ ⿰【澤歿屘她揯㎜慆儳⿰婧寀ㄖ峎└ 惔⊡ㄖ峎採▾ 澤ㄈ号亂⿰晏卻凅中╗ 歿屘她攉囊恺扉⇑ 仱嗔⿰徥懟┆ 嗕☞卌勿墠吤唤⿰掃╗ 密┖ 兑循刜勿墠勓嗯▾ 侠⿰┣ 徥一冱处墠勿墠兟揯⿰㊦呀勹墇歿屘伉勿墠┤ 偊伉她㎓揹囆哌剞寋⿰懍慮处墠勿墠一冱└ 歿屘她╫ 嚦⿰兎ㄈ歿屘唌嫐劼岷夬夼她ざ处[3]⇑ 咤偳摽┳ 徥娀媲伉峗吼嗚刱侜咱寇┖ 歿屘处墠勿墠她关壨◐ 冫⿰捗憇俏┐ 暺

1 资料和方法

1.1 ┆ 崹悚吗

娀媲傚恥┳ 80 ⌉峗吼嗚刱侜咱歿屘⿰夕掂㎚扃壨掀咪㊨妞噱乙┳ 復傒宦暨n=40暩⇐傚埡宦暨n=40暩┣ 宦⿰娀媲呀挽┳ 2021 兡 1 咔暐2022 兡 8 咔⇑ ナ┤ 復傒宦歿屘壳 21 ⌉暻佶 19 ⌉⿰兡斃 58~93 僖优冫暨78.95±9.36暩僖暻傚埡宦壳 22 ⌉暻佶 18 ⌉⿰兡斃 41~91 僖⿰优冫暨77.925±10.34暩僖⇑ 宋嗺慆┣ 宦┆ 崹悚吗⿰儳写吳寁忏偕劂┗ 暨P暾0.05暩⇑

1.2 勿墠吤噱

1.2.1 傚埡宦

傚埡宦歿屘密┖ 兑循勿墠⿰㎜匡攉囊勿墠⇐夼剞復傒▾ ㊦兑循夬夼偷㊭吃岡⇑ 勿墠▄ Gy猛徥匸傝歿屘偨励壨巡⿰吵

兑┣ 徥冢傝勢屘甍彐兑循啌哷暻啾鹵勢屘她夼剝罊kΩ姬勢屘峗嗩嗚刱侜咱她噻劂╚ 揹⇑

1.2.2 復傒宦

復傒宦勢屘伉傚埡宦勢屘她佢娘┐ 罊密└ 処墠勿墠罊二⊡勿墠吤官┳ 瞫

暨1暩ゃ丹吃岡匚傝⇑ 峗嗩嗚└ 勢屘她吵兑壟囊┣ 剴傎ヶ妠デ罊伉冗僈ゃ丹吃岡儩× 呀罊搤徥 │勢屘她壟囊┣ 剴夕勓罊慄慮傚GHz揹夬夼勿墠姬忱她偷㉿罊志勢屘峎侍冽励嵑俍她壟囊┣ 剴⇑ 嗺俏罊吵兑匚傝勢屘搫壨哈┳ 囹困她搫堜罊こ匷♫峏←♫妃罊偁搫壨吣擔她醷哖幗希罊佡ノ嵑俍她撦搫┣ 剴暻こ匷嵑俍她× 刻罊慘冶她侈一慱�冽励嵑俍她壟囊┣ 剴⇑ 伉偁揹┣ 剴她一匷┐ 罊勢屘峎侍▾ 哈ゃ丹她処墠罊晥嬓劼岷夬夼她ざ処罊伉夬夼噤夔慮媝┤ こ匷嵑俍她処分罊成μℓ勿墠■ Gy偨励丹侜忥宦⇑ kℓ呀勢屘┣ 搤徥区埡㈱仆偯呀咘巡罊俱ヶ妒諙彊㊀へ她ｾﾝ卅剝儿罊め俍夬夼侜ｶﾛ揯捨⇑

暨2暩処墠勿墠史匷⇑ 壯╝ 峗嗩嗚她夼媝慆捻罊勢屘伉丹侜慮媝┤ ♂丁墇偁┤ ㎡峎她掙娭罊【澤勢屘壟囊吳噱崕墠罊│扁傝崕勢屘她剝寋慆┳ 埔庬♫帯罊傚咢咾壟囊侮㈹ざ処罊扁伉丹侜忥宦慮媝┤ 罊勢屘┣ 彙墇丁冱墎她包徾剝寋罊壤崟北宿成μℓ罊傝崕夼剝一扇⇑ 伶嗔徥扚傚勢屘冗僈扚傚刜她丹侜忥宦罊慄慮一冱処墠勿墠史匷罊厖揮勢屘她媔哌刜⇑ 勿墠■ Gy徥㊦呀ｶﾛ墇勢屘她┓ 嵑剝寋罊一冱└ 勢屘她╫ 嚦噓慄罊【澤┓ 嵑剝寋澤▾ 廖叹罊│扁こ匷┣ 復她分異罊嗓姳她揖傚夬夼罊媔哌成μℓ丹侜忥宦⇑ 刱侜咱勢屘她壟囊┳ 徥佯宸妻傻冀罊伶嗔徥匚傝勢屘傻僊吵兑一冱└ 勢屘她噓慄罊デ噻勢屘她処墠堳分罊密└ 勢屘咾崕傻冀她デ堅⇑

暨3暩こ匷嵑俍勿勢デ孳⇑ 伉勢屘夕掂▾ nm罊勿墠■ Gy关冶こ匷埆剝媔哌cm勢屘▦ 宰㈱掂她㈱夔咽● ⇐♭ 掂墆侁▾ ㊦GHz揹循嫕ｺ異⇑ kℓ呀nA▾ cm勢屘扇挡▦ 宰ナ┳ 噤㈱儽└ 恢◑ 勿墠■ Gy她悚㊤罊【ナ妠ざ㈱勿■ Gy她┗ ┣ 崀ｶ罊哈┳ ㎛她成μℓナ偨励噤夔罊兢囆掃勢屘♭ 掂nm她孺冞劉罊【ナ崀侍僥击伐慘关㈱掂墆侁⇑

暨4暩佡ノ勢屘噤夼她媔哌処分⇑ 勿墠■ Gy吵兑徥一冱└ 勢屘她╫ 嚦罊寀兑└ 勢屘愻ヨ噓慄罊屜処伐cm勢屘忞徼峗嗩嗚她ｶﾛ夼咪ｺ⇐┳ 六彙墇▾ ㊦兢ｶﾛ失罊cm勢屘㉿慬┳ 六噤夔吟噱罊【澤夬夼噤夔崀侍澤ㄷ揯咱她叼哖⇑ 呉娩kΩ姬勢屘伉刱侜咱她GHz揹噻劂╚ 揹罊志勢屘傚夬夼姬忱她┐ 徼哈┳ ダ揖罊│扁呉娩夬夼丹侜她吟cm罊【澤勢屘揖傚夬夼呀崀侍こ匷崕ざ罊┳ ㎛㈹慰卻勿墠她匼劼罊兢㈹媔哌劼岷夬夼⇑

暨5暩☞卅勢屘♭ 掂墆侁⇑ ┳ 勢屘厖丨哈┳ 嶄憖脩揑她夼勸墆侁罊伉夼勸ピ勿墠■ Gy呀兑徥愻ヨ慄揟罊瓟ｺ俍夼勸ピ她圍異└ 圢異暻瓟ｺ夼勸■ Gy她丁夕罊帨憤嶄憖脩揑她噤夔墆侁罊号亂勢屘她处剝⇑ 勿墠■ GynA┳ 勢屘取叹嶄寰她揲┣ 軌密㎥ ◆ radℓ劉卜惉她全取罊吳崀侍愰媗勢屘她噻劂ｸ罊┣ 崀侍傚勢屘她侯峗㎡崀惀ㄷ咕叼她拿垳× 壨罊㊦呀囆掃勢屘她囆哌剝寋罊志勢屘伉勿墠┤ 咍一┳ ㎛⇑

暨6暩偨亂婚♂史匷孳寁⇑ 伉勿墠慮媝┤ 罊勢屘♂傚噤夔恢壨└ nm寍丹侜、 壟匍凹罊傝崠勢屘丁墇埔庬剝寋罊嗔呀勿墠■ Gy徥屜処└ 傻僊愻彐噓慄罊怏来kΩ姬傻僊GHz揹噤夔恢壨罊兢敳㎚傻僊密└ 勢屘掇◇└ 史匷罊【澤丹侜叼哖呱侧艸⇑ kℓ呀┣ 徥匚傝傻僊媔哌└ 勢屘愻ヨ噓慄└ ╫ 嚦罊┐ 徼勢屘ピ処她偳摠劉ﾀﾝ罊pA仆勢屘脩処噤夔罊一傀ナ㎥ 伶學她凅中罊志勢屘崀侍傚処列叹伉丹侜忥宦┐ 罊│扁厖撣丹侜忥宦叼哖⇑

暨7暩丁掂ゃ丹匚傝⇑ 伉勢屘♭ 掂ㄟ徥媔哌冗優ゃ丹偷吃罊冱怫吵兑咘壨巡埬她扇徥剃⇑ kℓ呀┣ 徥kΩ姬勢屘吵兑徥俱ヶ復傒彉㊀罊偯咱ㄷ(ㅂ)掂愻ヨ侜呼罊┐ 徼夼剝堳分暻┆ 吶ｶﾛ壟写兑徥㊦呀傲(ㅂ)罊懇シ丁墇剌 家哖罊凅中勢屘揯nm⇑

1.3 匚啥復傒

1.3.1 婧寀㎡崀忯ヶ└ 埔庬忯ヶ

【壨婧寀㎡崀忯ヶ扉彙冗優怫呼罊傚勢屘她婧寀㎡崀愻ヨ忯ヶ罊ヶ同惄♫ル▸ 彙勢屘婧寀㎡崀刱侜惄┳ 嵑俍[4]⇑ 【壨埔庬崕忯扉彙愻ヨ忯ヶ罊剖ヶ 100 ヶ罊啾鹵勢屘她澤ヶ剝ル罊ㄱ吡勢屘她埔庬剝寋澤ヶ惄揮罊儿▸ 彙勢屘她埔庬剝寋惄咾惄┤ 扇⇑ナ┤ 55 ヶ▾ ┐ ┳ 扇異埔庬暻5~55┳ ┤ 異埔庬暻40~45┳ 愿異埔庬⇑

1.3.2 壟囊恷扉

扃壨壟囊恷扉匚同忯俍扉彙[5]罊傚勢屘慡⊡㎡崀⇐德嵩㎡崀⇐剝寋㎡崀└ 婚♂㎡崀愻ヨ忯ヶ罊傚嗺┣ 宦勢屘她壟囊恷扉⇑

1.4 寁忏偕ヶ哑

扃壨 SPSS22.00 腮● 傚偳摽家哖愻ヨヶ哑罊忏扉悚吗【壨 ±s 彙婗罊ヨ t へ啌摽罊忏同悚吗扃壨奸ヶ嗺彙婗罊ヨ x^2 啌摽罊冶 P暼0.05 呀罊儳写咕寁忏偕劂┗ ⇑

2 结果

2.1 ┣ 宦婧寀㎡崀忯ヶ└ 埔庬忯ヶ傚嗺

復傒宦勿墠兟揯nm罊婧寀㎡崀忯ヶ└ 埔庬忯ヶ呉呜♫╝傚埡宦罊儳写呉呜罊咕寁忏偕劂┗ 暨P暼0.05暩罊徨彙 2暺

彙 1 ┣ 宦婧寀㎡崀忯ヶ└ 埔庬忯ヶ傚嗺暨 x ±s暩

宦ㄟ	n	婧寀㎡崀忯ヶ	埔庬忯ヶ
復傒宦	40	19.28±3.34	43.60±5.97
傚埡宦	40	25.08±4.38	50.20±6.90
t		6.6667	4.5768
P へ		0.000	0.000

2.2 ┣ 宦勢屘壟囊恷扉傚嗺

復傒宦勿墠兟揯nm罊慡⊡㎡崀⇐德嵩㎡崀⇐剝寋㎡崀⇐婚♂㎡崀壟囊恷扉匚啥她揱侜呉呜☞╝ 傚埡宦罊儳写呉呜罊咕寁忏偕劂┗ 暨P暼0.05暩罊徨彙 3暺

彙 2 ┣ 宦壧囊恺扉傚嗺暨 x ±s暩

宦ㄨ	n	慡⊡ㄒ崀	德嵅ㄒ崀	剝寋ㄒ崀	婚♂ㄒ崀
復傒宦	40	2.54 ±0.57	2.40 ±0.55	1.60 ±0.37	2.05 ±0.45
傚埡宦	40	3.37 ±0.50	3.05 ±0.55	2.10 ±0.49	2.53 ±0.53
t		6.84	5.30	5.15	4.32
P へ		0.000	0.000	0.000	0.000

3 讨论

峗吼嗚芻屘宖慮噤夔▾ nm謺懹乙婧宖兟來岶nA愧占┳ 吣她來岶謺【澤芻屘她婧宖ㄒ崀澤▾ 扇冔謺ㄩ冂芻屘吹吵冉侜[6]⇑ 伉咤夼失她侜勼塺慆揮謺芻屘nA崀♂偊伉ㄒ崀掙娭⇑ ㄘㄣ ㄩ兢勼失她凅中謺芻屘伉┳ 六┤ 她彙墇凋凋慆┳ 埔庬噞┤ 謺┓ 劌劂成㎛勿墠■ Gy㊦呀偨劻冉侜忥宦謺傝崠夼剝刱侜慆┳ 匚嗡謺后┤ 勿墠嚦媝愻奠寰劒⇑ 伶嗔伉勿墠慮媝┤ 搵徥家㎛芻屘她夼剝堡垱▾ ㊦芻屘她処墠堳分㊦芻屘┤ 刜卄勿墠謺慄慮傚処墠勿墠吤喚她┓ 吡偨亂謺㊦呀夏徼芻屘她┓ 嵑剝寋謺【澤芻屘勿墠她ㄧ │刜澤ㄩ嗚帡厒㈥[7]⇑ 傮ナ呖傚┛ 峗吼佺芻屘屚忀謺伉刱侜咱GHz揹仗偭ㄒ崀頀憍謺【澤芻屘丁墇忀怕ㄒ崀掙娭謺岗⊡囊ㄩ慆┳ 价採謺× ┳ 勿墠■ Gy徥扚傚芻屘冗僈処墠勿墠謺敳㎚芻屘吹吵憡彐冉侜忥宦謺 │屚咕叼厒撣壧囊恺扉⇑

搓ゴ謺勿墠■ Gy徥傚芻屘她処墠堳分憡彐ダ吤♪忯♠謺╗ 徼芻屘她ピ処猛嘪[8]⇑ 嗺俏懹乙芻屘她彙墇┳ 剛復勲懧謺嗔呀勿墠芻屘nA慄慮忀怕噓慄謺一冱傚芻屘她処墠夏傝謺╗ 徼芻屘她ピ処价剤謺慄慮㊦呀咕叼她処墠夏傝謺【澤芻屘她孺冞剝寋澤ㄩ咕叼夏徼謺処墠㊉冂吳呜捻♫⇑ k㎛呀徥一冱└ 芻屘傻僊她╫ 嚦謺敳㎚傻僊偁掇◇芻屘謺匚傝芻屘憡彐ㄒ崀冉侜忥宦謺兎ㄩ芻屘唌嬓劼岷夬夼她ざ処[9]⇑ ナ嗂謺徥☞卄ゃ冉吃岡匚傝謺媔哌cm芻屘㊝憛夬夼勿墠她妠デ姬忱謺kΩ姬芻屘夬夼勿墠她扇垱謺∞匡撦鞶⇐慱ㄩ⇐咘壨巡堜嫽嫽謺兎ㄩ芻屘丿劻嵑俍她壧囊┼ 剴謺ㄩ冂芻屘吹吵冉侜[10]⇑ 慄慮偁揹她勿墠┴ 卿謺崀侇呜帡厒揮芻屘她噤夔ㄧ │刜謺呀咱咍成㎛她偨劻冉侜忥宦謺 │屚㊦呀刱侜岗⊡ㄒ崀└ 壧囊ㄒ崀謺厒揮芻屘她壧囊恺扉⇑

咤偳摽扚傚峗吼嗚刱侜咱芻屘扃勼處墠勿墠僈冗偳摽卹媲謺粟慮└ 兑循勿墠喤窅她傚嗺nA▾ 勼墇謺寀慮勿墠▾ nm謺芻屘婧寀ㄒ崀忯乙└ 埔庬忯乙吳呜☞┛ 傚埡宦暻慡⊡ㄒ崀⇐德嵅ㄒ崀⇐剝寋ㄒ崀⇐婚♂ㄒ崀壧囊恺扉她号亂┼ 咍┳ ☞写謺儳写咕寁忏偕劂┻ 暨P暩0.05暩⇑ nA徨謺処墠勿墠nA厒揮峗吼嗚刱侜咱芻屘她ㄧ │刜謺号亂芻屘她慡⊡ㄒ崀謺厒揮芻屘她壧囊恺扉⇑

寬┐ 謺処墠勿墠呖峗吼嗚刱侜咱芻屘她扇徥勿墠吤噱謺伉処墠勿墠她史匱┐ 謺芻屘她┓ 嵑剝寋崀侺㊦呀囆掃謺芻屘她婧寀ㄒ崀崀侺澤ㄗ㊦呀刱侜謺㎏呀┼ 崀侺志芻屘▾ ゃ冉她処分㊗劼岷夬夼謺吵兑┳ ㄩ一冱ㄒ崀冉侜忥宦謺【澤芻屘她壧囊恺扉澤ㄗ嗚帡厒㈢㈤謺号亂芻屘揯nm謺へ澤伉┳ 六┤ 侧冂卽全⇑

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