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无呕病房护理模式对肺癌化疗所致恶心呕吐的效果分析

宣文娟
上海中医药大学附属龙华医院 上海 200032

【摘　要】：**目的：**研究分析无呕病房护理模式在肺癌化疗所致恶心呕吐情况中的效果。**方法：**随机选取 2019 年 8 月-2020 年 8 月我院化疗所致恶心呕吐的 120 例肺癌患者作为研究对象，以抓阄法将其分为参照组和试验组，两组各 60 例。采用无呕病房护理模式对试验组病患进行护理，采用常规护理模式对参照组病患进行护理，观察对比两组对于化疗所致的恶心呕吐情况的护理效果。**结果：**护理后，护理干预后试验组呕吐控制质量较参照组效果较好，不论是在呕吐控制评分比较上，还是在呕吐控制满意度评分比较上两组均出现了显著差（P<0.05）；且试验组未发生呕吐情况的人数与发生 1 级呕吐情况的人数均高于参照组；发生 2 级与 3 级呕吐的人数均低于参照组，较参照组差异显著（P<0.05）。**结论：**将无呕病房护理模式应用于肺癌化疗所致的恶心呕吐护理中可提高护理呕吐控制质量，减少不同程度的呕吐人数，提高病患临床护理满意度，有利于改善病人生活质量。

【关键词】：无呕病房护理模式；肺癌；化疗所致恶心呕吐；效果

Analysis of the Effect of Nursing Mode in Non Vomiting Ward on Nausea and Vomiting Caused by Chemotherapy for Lung Cancer

Wenjuan Xuan

Longhua Hospital Shanghai University of Traditional Chinese Medicine Shanghai 200032

Abstract: Objective: To study and analyze the effect of nursing mode of non nausea ward on nausea and vomiting caused by chemotherapy for lung cancer. Methods: 120 lung cancer patients with nausea and vomiting caused by chemotherapy in our hospital from August 2019 to August 2020 were randomly selected as the research objects. They were divided into the reference group and the test group by drawing lots, with 60 patients in each group. The patients in the test group were nursed in the non vomiting ward nursing mode, and the patients in the reference group were nursed in the conventional nursing mode. The nursing effects of the two groups on nausea and vomiting caused by chemotherapy were observed and compared. Results: After nursing, the quality of vomiting control in the test group was better than that in the reference group after nursing intervention, and there was a significant difference between the two groups in terms of vomiting control score and vomiting control satisfaction score (P<0.05); The number of patients without vomiting and those with grade 1 vomiting in the test group were higher than those in the control group; The number of patients with grade 2 and grade 3 vomiting was significantly lower than that in the control group (P<0.05). Conclusion: Applying the nursing mode of non vomiting ward to the nursing of nausea and vomiting caused by chemotherapy of lung cancer can improve the quality of nursing vomit control, reduce the number of vomiting patients at different levels, improve the satisfaction of patients with clinical nursing, and improve the quality of life of patients.

Keywords: Nursing mode of non vomiting ward; Lung cancer; Nausea and vomiting caused by chemotherapy; Effect

岤奫伉勃份剌刜岨奚卵彐┤ ♪傿ㄨ尢罄ナ勼夼夼⇐嗚┻ 塺哌撣罄妛ㄨ儲寀劻┳ ダ增呱侧她ヂテ㈦壛掷搔罄咍一扇┓ 勃份寀嚯恶匍[1]⇑ ナ崠夼伶學呎憵忒┳ └ 墆侁⇐憘㒸伶學她 テkℓ× 壨咕デ罄┘ 憘㒸伶學她凅ˋ ♂掫妻傿嘎兡斃她侈抄屙 一冯[2]⇑ 岤奫她┳ 六失堳┳ 徥彙墇┳ 丞亮⇐丞侧扉敞奅⇐♫ 彊嘜失⇐鱸mV价採嫽墇恥⇑ 墇摘嗯伉嗔孌伻夬夼她噤夔┐ 偁扃壨卄夔她吤官罄♩卄夔兑♂【夼剪丁墇剌処⇐C⁄kgmm嫽偁嫀┓ 嵑ㄗ⁻关罄伉凑侧媝鼻┐ 捻♫┓ 夼■ 噤夔她ㄧ │刜罄一侧┓ ┳ 六噤夔她採鼻⇑ 鹵妠デ㈥偕娀媲呜婗罄卄夔勍崠剌処C⁄kgmm暨CINV暩呖岨奚剪尉兑徨她失堳┻ ┆ 罄ナ勼壛塺nA撣悻 40%-80%▾ ┐ [3]⇑ 嗔失堳┓ ▌ ♂憤劻夼■ 壳徼恺孷╓ ⇐帨ノ ┓ 嵑⇐峽嚶嫽剝儿罄卞♁剪尉煐⊡罄一扇ナ夼剝妧暻慶♂傝崠ナ傚噤夔、 壛┤ 扇她别剭劉⇐壤崟丁墇勲懧剝儿罄伉一扇┓ 夼剪㊦傻僊処墠恶匍└ 寀嚯恶匍她kℓ呀捻♫┓ 夔叼[4]⇑ 佢┛ 嗔罄┳ ┓ 甍┆ 嗕傚 CINV 夼剪め俍嬝墠儩× 罄掫咪憔ᶜᵍ┓ 2019 兡 8 咔-2020 兡 8 咔勃掂 CINV 她 120 〕岤奫剪尉× ┳ 娀媲傚恥罄伉乙ㄨ傚ナ扃ᶜᵍ┓ 吳C⁄kg夼勸勿墠喤官└ 兑循勿墠喤官兟揯她剝儿┓ 罄娀媲乙哑┓ 勿墠叼哖罄快寀嘬匀俏┓ ⇑

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1 临床资料

1.1 ┆ 嵶悚吗

掫咪憔ｸﾗ┓ 勃掂 2019 兡 8 咔-2020 兡 8 咔叵噤她 120 〕CINV 岤奫芻尉× ┳ 娀媲傚恥磣▾ 勴捌噱倶ナ乙┳ ㊣埡宦丁忾摽宦磣┣ 宦㎓ 60 〕⇑ ナ┤ 磣忾摽宦壳刜 33 〕磣偕刜 28 〕暻兡斃掀嗯┳ 18-72 log僖磣兟优兡斃掀嗯┳ 暨44.23±3.11暩 log僖暻奫失孌伻暉峆奫 16 〕磣攆奫 19 〕磣ナ▥ 25 〕⇑ ㊣埡宦壳刜 36 〕磣偕刜 24 〕暻兡斃掀嗯┳ 19-71 log僖磣兟优兡斃掀嗯┳ 暨44.03±3.67暩log僖暻奫失孌伻暉峆奫 18 〕磣攆奫 22 〕磣ナ▥ 20 〕⇑ 傚嗺乙哑┣ 宦┆ 嵶悚吗儳写吳寁忏偕劂┗ 磣二咕nA嗺刜暨P>0.05暩⇑ 咤娀媲儲毘澤勃掂(ㅂ)偕㉿墠俱Gy♂ 勴ン磣┘ 伉芻屘咤■ ㊦ナ傻僊姬剝kℓ劂她剝儿┓ 崶劌嬓尧姬剝kℓ劂‖ ⇑

1.2 勿墠吤噱

1.2.1 ㊣埡宦

傚㊣埡宦夼芻扃ｸﾗ兑循勿墠卿否愻彐兟揯磣○○匡偯咱勸挽囆砻←こ匷夼勸兟埻←慄搢磣復傒Ｃ/kgmm堳分嫽ピ傃⇑

1.2.2 忾摽宦

伉兑循勿墠她佢娘┓ 磣傚忾摽宦夼芻扃ｸﾗ吳Ｃ/kg夼勸勿墠卿否愻彐兟揯磣快來吤噱俏┓ 暺

暨1暩め俍夼芻処墠勿墠

扚傚 60 〕夼芻愻彐 CINV 勿墠└ ゃ丏偷吃磣啾鹵ナタ掂nm--丁掂nm她┓ kℓ掀嗯め丁┓ kℓ她ゃ丏ㄜ吃岡磣冱ㄜナ傚 CINV 她╗ 徼⇑ nA【壨処墠匸傝←揲┼ 夔噱←叹唷拿垳嫽妠デ吤噱寰徼夼■ 処墠㋊ヿ磣kℓ呀㎝ナ┴ 〕忞憇妠デ噤夔励ㄒ喚〕磣侈冱ナ噤夔ざ処磣厏撣噤夔媔哌剃└ ㄧ │剃⇑

暨2暩μℓ墠忯♠ CINV 她㈱摑伶學

傚ㄜ夔勍崠剌処Ｃ/kgmm夼芻愻彐㈱摑忯♠㈲暉啾鹵夼芻慮凋夼㋓孬嫐揟摑忯♠彙磣快來╗ 徼ナ呖kPa嫳μℓ偕剃←呥�失←兡愿夼芻←埔庬剝寋←吴凋ㄜ夔Ｃ/kgmm嫽失堳磣嶙嫳μℓ┣ 揹㊦┣ 揹▾┐ ㈲ㄱ偯┳ CINV 撣㈱夼〕暻勿墠■ Gy猛徥啾鹵夼芻ㄜ夔吤喚磣勍壨巡堜←巡堜冱奠←ㄠ扉嫽妠デ伶學寬μℓ忯♠丁怎fm芻尉她㈱摑媝奠磣▾ うnm寍勿墠⇑

暨3暩め俍 CINV 她捨噤勿墠

▾┐ 憇㈱摑忯♠家哖┳ 佢娘磣伉噤夔冗俬┻ 冫傚勍咕夼〕她崠mm搢摑嫽宎愻彐揯諙└ 忯♠磣兢家μℓ忯♠家哖咕扚傚剃她ㄹ偯丁┤ 剃ㄜ她捨噤吤喚⇑ 伉ㄜ夔冫└ 夼芻 NK-1 ﾋﾝ⊡ 匼勷ㄠ←伐佺嬾唷丁㈱ㄠ扉 5-HT3 ﾋﾝ⊡匼勷ㄠ磣kℓ呀啾鹵ナㄜ夔吤喚崠mm嫽宎她┓ kℓめ丁勿墠⇑ 伉芻芻卻ﾋﾝ撣巽ん mm剃ㄜ夔吤喚軌尉怎fm芻尉僊┘ 撣㈱■ 馗嶪条呀磣㈱ㄴㄷ(ㅂ)攉└ ┗ 屾嗒mm暻伉芻芻卻ﾋﾝ┤ 崠mmㄜ夔吤喚呀啾鹵(ㅂ)攉忯♠愻彐勿墠磣匸傝夼■ ┤ 唚懅瀆(ㅂ)仆壨巡磣危厖壨巡吤噱←呀挽←ㄠ扉⇑ 伉ㄜ夔咻nm磣嶙怎芻尉卻ﾋﾝ她呖撣巽ん mm剃ㄜ夔吤喚軌尉撣㈱■ 馗ㄜ夔吤喚磣儿猛│ㄜ夔冶侨冗俬崟嫳 5 侨俱乙デ嚏Ｃ/kgmm摺搁嗷侨愻彐 CINV 摺搁忯♠磣┘ 嫳 6 侨nm傚偊伉剌処Ｃ/kgmm夼芻愻彐掫忪磣┘ 嫳 10 侨軌嫳 15 侨nm傚吳妠关失堳她夼芻愻彐掫忪⇑

暨4暩め俍ㄜ夔nm她撙搫勿墠└ 夼剝勿墠

伉撙搫┐ 磣冔忱夼■ 嗷侨撙嚶 3000ml 優cal暻匸傝ナ傀扉偁搯磣▾ 囹困呋囆ㄜ撙搫┳ ┳ 磣偁搫壨宋寔變└ 傌radｓ寔攉學 A←C←E 她哖幗變搫堜ぇ愻岕憺囆ㄜ磣俏孑孝←掔嬕嫽暻慘冶搫壨嵩敓←廳开嫽二咕慄う× 壨她搫堜⇑ 伉夼剝吤揖磣 cm勍咕夼芻ｶﾛ叹 CINV 夼芻ゃ丏勓ブ兢伉夼六吧冔嬓 CINV 勿墠忯♠忝冷彙磣快來忝冷才峡嚶剝儿←Ｃ/kgmm堜堳分←兢cm(ㅂ)攉ｱ⁻掭暻㊦呀啌呼咪⊡壳徼恺堳分磣└ 彙回侚墠こ匷壳徼恺挑录⇑ こ壽俍怎忝冷彙▾ う┳┐ ┆ 嗂ㄜ夔厏丨㊣展磣兎ㄴㄷ(ㅂ)攉扚傚ナ夼剝慘冶怫后ㄜ夔吤喚⇑

暨5暩勿墠噻劂┖ 揹└ 吤喚怫后

堡ﾚｽデ噻夼■ 剌処Ｃ/kgmm堳分她乙宎媝異└ 壨巡ㄧ │剃磣復傒兟揯慮媝┤ ナ埔庬剝寋└ Ｃ/kgmm別剭堳分她ﾋﾝㄜ⇑ 乙哑嗔嗂吳Ｃ/kg兟揯她勿墠叼哖磣忯♠妠デ卿否呖kPa慉ㄷ揯咱叼哖磣嶙慉劻磣快來忝冷夼剝号亂剝儿磣┳ nm寍勿墠厏丨㊣展暻嶙咢慉劻磣乙哑㊉伶磣家μℓ偳〕めＴ怫后軌尉扇吣ㄹ偯兢め俍┤ 快來忝冷⇑

1.3 復傒匸啥

復傒傚嗺 120 〕夼芻勿墠nm她Ｃ/kgmm瓟ㄹ恺扉忯乙←┐ kℓ媝異Ｃ/kgmm■ 同㊦勿墠均劂異⇑ ナ┤ 磣Ｃ/kgmm瓟ㄹ恺扉忯乙○○匡Ｃ/kgmm瓟ㄹ剝儿忯乙└ Ｃ/kgmm瓟ㄹ均劂異忯乙┣┤ 寔異磣ㄱㄱ偯啥ン暉勤掂崕ㄹ她 CINV 芻尉均劂異掷㊡└ Likert5 宎忯乙噱家μℓ磣│ 0-27 乙ㄧ嗂凋┐ 孽忏媔乙磣乙同惄撣儿Ｃ/kgmm剝儿惄┤扇⇑ Ｃ/kgmm乙宎啥ン:0 宎暺0 嗂暻1 宎暺1-2 嗂/24h暨挽捼 5min ▾┐ 暻暻2 宎暺3-5 嗂/24h暨挽捼 5min ▾┐ 暻暻3 宎暺6+嗂/24h暨挽捼 5min ▾┐ 暩暻4 宎暺俾嵗攉一偁ダ暻5 宎暺嗚┖ ⇑

1.4 寁忏偕吤噱

傚同卤宙タ SPSS17.0 愚●┤ 乙哑磣忏扉悚吗嗺慆扃壨 t 啌摽磣兢▾ 暨 $\bar{x} \pm s$ 暩彙婗磣塺忏同悚吗扃壨 χ^2 啌摽磣兢▾ 塺暨%暩彙婗磣暨P<0.05暩┳ 儳写呜帡磣咕寁忏偕劂┗ ⇑

2 结果

2.1 ┣ 宦Ｃ/kgmm瓟ㄹ恺乙←Ｃ/kgmm瓟ㄹ恺扉忯乙ﾋﾝㄜ剝儿

壯彙 1 nA姬磣勿墠兟揯nm忾摽宦Ｃ/kgmm瓟ㄹ恺扉慆㊣埡宦叼哖慆俍磣ナＣ/kgmm瓟ㄹ恺乙吳呜♫┘ ㊣埡宦暨P<0.05暩⇑

彙 1 ┣ 宦Ｃ/kgmm瓟ㄹ恺乙ﾋﾝㄜ嗺慆暨 $\bar{x} \pm s$ 暩

宦ﾚｽ	〕同	ㄜ夔冶侨Ｃ/kgmm忯乙	ㄜ夔nm 1 侨nmＣ/kgmm忯乙	ㄜ夔nm呸┤ 扇Ｃ/kgmm忯乙
㊣埡宦	60	2.57±1.46	6.68±2.31	7.09±3.20

忾摽宦	60	1.62±1.03	3.79±1.66	4.13±1.33
t	-	4.118	7.870	6.616
P	-	0.001	0.001	0.001

2.2 ┣ 宦C/kgmm瓟ㄹ均劂異忯ㄛ⁺ㄦ嗺慆

壯彙 2 nA姬罈忾摽宦C/kgmm瓟ㄹ均劂異忯ㄛ嗚帡撣╝ ㊣埡宦暨P<0.05暩

彙 2 ┣ 宦C/kgmm瓟ㄹ均劂異忯ㄛ⁺ㄦ嗺慆暨 $\bar{x} \pm s$ 暩

宦ㄨ	⌋同	吳C/kg噤夔忯ㄛ	C/kgmm瓟ㄹ忯ㄛ	C/kgmm埡搵忯ㄛ
㊣埡宦	60	2.49±1.37	2.44±1.03	2.98±1.47
忾摽宦	60	4.30±0.21	4.43±0.21	4.83±0.72
t	-	10.116	14.664	8.755
P	-	0.001	0.001	0.001

2.3 ┣ 宦┓ kℓ媝異C/kgmm■ 同嗺慆

壯彙 3 nA姬罈勿墠兟揯nm忾摽宦咢ㄉ壟C/kgmm剝儿她■ 同└ ㄉ壟 1 宎C/kgmm剝儿她■ 同优撣╝ ㊣埡宦暻ㄉ壟 2 宎└ 3 宎C/kgmm她■ 同优♫╝ ㊣埡宦罈┘ 屘儰写嗚帡暨P<0.05暩⇑

彙 3 ┣ 宦┓ kℓ媝異C/kgmm■ 同嗺慆[n罈暨%暩]

宦ㄨ	⌋同	0 宎	1 宎	2 宎	3-4 宎
忾摽宦	60	11 暨18.33暩	29 (48.33)	13 (21.67)	7 (11.67)
㊣埡宦	60	2 (3.33)	18(30)	24 (40)	16 (26.67)
χ2	-	6.988	4.232	4.728	4.357
P	-	0.008	0.040	0.030	0.037

3 讨论

岤奫× ┳ ┳ 六┐ 呧兑徨她剌刜岨奚罈ㄉ夼塺撣←嗚╩ 塺撣罈ナ┳ 徥┳ 六噤夔吤噱儿┳ 丱夔⇑ CINV 呂丱夔巡堜【壨呀呧兑徨她┓ 嵑ㄗ关┻ ┆ 罈ナ傚夼剪壟墠←処墠吤揖优nA峎憤励┤ 扇凅中罈捭娭夼剪刱侜⇑ 吳C/kg夼勸勿墠喤宦呂┆ 嫊(ㄩ)ㄨ╝ ㇇寁勿墠喤宦她吣伻勿墠喤宦⇑ 怎喤宦nA扚傚 CINV 剪慰めㄒ┤ 刜丱勿墠吤唤罈咍俍她偳墇勿墠叼哖⇑ 冔嬓吳C/kg勿墠喤宦她ㄟ厒呂厒撣嬝墠傾傚 CINV 剪慰她扇徬罈兢▾ 孳寁丱←唅ン丱她嬝墠ㄹ異┳ 匸傝罈壯岨奚嬋(ㄖ)儽←夼剪下ナ傻僊←嬋┳ ◑ ←勿侒宦励嬋偕丱她嬝墠仳換罈偳墇C/kgmm嬝墠cm(ㄖ)壟--勿侒--剪慰喤宦愰⁺ㄦ⇑┘ 吳C/kg夼勸勿墠喤宦傚岤奫丱孳勍崠剌处C/kgmm堳儿她号亂二咕扇徥劂┗ ⇑

伉咤娀媲┤ 罈勃掂掫咪憔ㄉ┓ 120 ⌋ CINV 岤奫夼剪罈ㄛ⁺傚ナ偳否┓ 兑循勿墠兟揯└ 吳C/kg夼勸勿墠兟揯卿否罈兢傚勿墠叼哖め┗┓ 娀媲ㄛ哑⇑ ナ家哖嗚婗罈伉C/kgmm瓟ㄹ恺扉吤揖忾摽宦伉丱孋冶侨←丱孋nm 1 侨nm下丱孋nm呧┤ 扇她C/kgmm忯ㄛ优♫╝ ㊣埡宦罈┣ 宦儰写嗚帡暨P<0.001暩暻┘ ナ吳C/kg噤夔忯ㄛ←C/kgmm瓟ㄹ忯ㄛ下C/kgmm埡搵忯ㄛ优撣╝ ㊣埡宦罈┣ 宦儰写嗚帡暨P<0.001暩⇑ 伉┓ kℓ媝異她C/kgmmㄉ壟剝儿吤揖罈忾摽宦咢ㄉ壟C/kgmm剝儿她■ 同└ ㄉ壟 1 宎C/kgmm剝儿她■ 同优撣╝ ㊣埡宦暻ㄉ壟 2 宎└ 3 宎C/kgmm她■ 同优♫╝ ㊣埡宦罈┘ 屘儰写嗚帡暨P<0.05暩⇑ 壯嗔nA徨罈吳C/kg夼勸勿墠喤宦伉 CINV 岤奫剪屘她噤夔┤ 峎侈咕叼捻♫夼■ 丱夔冶侨←丱孋nm 1 侨nm下丱孋nm呧┤ 扇她C/kgmm忯ㄛ罈厒撣ナ吳C/kg噤夔忯ㄛ←C/kgmm瓟ㄹ忯ㄛ下C/kgmm埡搵忯ㄛ罈伉号亂C/kgmm瓟ㄹ叼哖她kℓ呀捻♫┓ kℓ媝異C/kgmm揟搁她ㄉ壟塺⇑ 伉吳C/kg夼勸勿墠兟揯喤宦┓ 罈夼剪nA伉└ ■ 她匸傝┓ 憟慮憵冶她拿垳└ 囊ㄩ【剌处←C/kgmm失堳澤ㄇ吳嗚寰徼罈侈ナ嵇憵劉丆ㄒ峎刱侜暻勿侒nA▾ 憟慮└ 夼剪她╬ 嚦快来┐ 徼ナ匕处堳分兢傚ナ甍彐敳㎅罈┣ nA┻ 夼■ 厒丨扚傚刜她撵搫匸傝罈号亂撵搫┣ 剴厒撣噤夔叼哖⇑ 鹵妠デ(ㄖ)偕娀媲嗚婗罈め俍吳C/kg勍崠C/kgmm揯捨嬝墠儩× ┓ ♩ 峎侈寰徼夼■ 怏处奇嶚罈屙┘ 峎侈咕叼捻♫ 丱夔揟搁ㄉ壟塺兎ㄈ┐ ┆ 嗕丱夔儩× 摇└ 冗僈⇑ 勍▾ 罈全侧(ㄖ)勿儩× 屘关伉咢咾她偳悳┤ 一冱丱夔勍崠剌处C/kgmm揯捨嚦媝嬝墠罈ㄩㄅ号亂夼■ 她壟囊恺扉罈厒撣┻ 六勿墠均劂異⇑

寬┐ 勍憩罈倚吳C/kg夼勸勿墠喤宦关壨╝ 岤奫丱夔勍崠剌处C/kgmm夼剪她噤夔┤ 二咕嵑俍她叼哖⇑ 怎勿墠喤宦┓ ▌ nA▾ 兎ㄈ夼剪厒撣C/kgmm瓟ㄹ恺扉罈捻♫┤ 扇C/kgmm剪屘■ 同罈扇┘ 咕└╝ 号亂夼■ 処墠堳分罈寰徼丱埔庬←別剭嫽剝寋罈厒撣噤夔叼哖罈二咕慆撣她┻ 六◐ 入罈入澤即全【壨⇑

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