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疼痛护理在肿瘤内科患者护理中的应用效果

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【摘　要】：目的：分析评价予以临床肿瘤内科患者护理时，疼痛护理的应用效果。方法：基于随机颜色球抽取法下，将 86 例肿瘤患者(我院肿瘤内科 2021 年 8 月-2022 年 8 月收治)均分为人数相等的 2 组;1 组为传统组(n=43),1 组为观察组(n=43)，住院治疗期间均予以 2 组肿瘤内科常规护理干预，并在此基础上予以观察组疼痛护理干预；基于 NRS、HAMD 以及 EORTCQLQ-C30 等量表应用下，比较评价 2 组护理干预前后疼痛程度、负性情绪以及生活质量等多个指标。结果：与传统组相比较，观察组护理干预后疼痛评分、焦虑/抑郁评分显著更低，护理干预后生活质量评分及护理总满意度显著更高（P<0.05）。结论：肿瘤内科患者护理中，疼痛护理的应用具有积极意义。

【关键词】：肿瘤内科；疼痛护理；常规护理

Application Effect of Pain Nursing in Nursing Care of Patients in Oncology Department

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Abstract: Objective To analyze and evaluate the application effect of pain nursing for patients in clinical oncology department. Methods Based on the method of random color ball extraction, 86 tumor patients (admitted to our oncology department from August 2021 to August 2022) were equally divided into two groups; The first group was the traditional group (n=43), and the first group was the observation group (n=43). During hospitalization, routine nursing intervention in tumor medicine department was given to both groups, and on this basis, pain nursing intervention was given to the observation group; Based on the application of NRS, HAMD and EORTCQLQ-C30 scales, the pain degree, negative emotion and quality of life of the two groups before and after nursing intervention were compared and evaluated. Results Compared with the traditional group, the pain score and anxiety/depression score in the observation group were significantly lower after the nursing intervention, and the quality of life score and total nursing satisfaction were significantly higher after the nursing intervention (P<0.05). Conclusion The application of pain nursing is of positive significance in the nursing care of patients in oncology department.

Keywords: Department of oncology; Pain care; Routine care

1 基线资料和方法

1.1 佢客悚吗

佢⅃ 掫咪搗嵓增匋ㄉㄣ噱┓ 罄傾 86 〕岨奚匊屘暨勃掂岨奚ピ娉 2021 兡 8 咔-2022 兡 8 咔叵噤暩优乙┳ ■ 同妠嫽她 2 宦暻1 宦┳ ㉿寁宦暨n=43暩罄1 宦┳ 復傒宦暨n=43暩⇑ ㉿寁宦radㄋ壳匊⇐佶匊GHz 22 〕丆 21 〕罄㈱嗺 51.16%丆 48.84%暻ナ┤ 呱儀兡斃 44⇐呱侧兡斃 75罄优ヘ暨56.81±7.32暩僖暻岨奚孌伻暉5 〕暨11.63%暩侯撘懹岨奚罄13 〕暨30.23%暩峋懹岨奚罄8 〕暨18.60%暩囆卄孳寁岨奚罄4 〕暨9.30%暩噭傻攉嗨孳寁岨奚罄6 〕暨13.95%暩撓㊦愚宦宪岨奚罄3 〕暨6.98%暩囧儴㊦瘭回孳寁岨奚罄4 〕暨9.30%暩ナ▥ 岨奚⇑ 復傒宦radㄋ壳匊⇐佶匊■ 同嗺GHz 23 〕丆 20 〕罄㈱嗺 53.49%丆 46.51%暻ナ┤ 呱儀兡斃 46⇐呱侧兡斃 76罄优ヘ暨57.23±7.24暩僖暻岨奚孌伻暉4 〕暨9.30%暩侯撘懹岨奚罄18 〕暨41.86%暩峋懹岨奚罄10 〕暨23.26%暩囆卄孳寁岨奚罄2 〕暨4.65%暩噭傻

壩嗨孳寁岨奚鼙〕暨11.63%暩撓㊦愚宦宪岨奚鼙〕暨6.98%暩囧儴㊦彊回孳寁岨奚鼙1〕暨2.33%暩ナ㎜ 岨奚⇑ 宦挽┆ 崹悚吗匡咕傚嗺娀媲劂┗ 暨P暾0.05暩⇑

夕宦啥ン暺暨1暩崨劌夕宦鼙芻尉咤■ ㊦傻僊优姬剝娀媲暻暨2暩优┳ ｂ掂噤夔暻暨3暩峎侇嗓兑└ ■ 噓慄丁╫ 嚦暻暨4暩Ｈ ⊞壩偊log咱俄╝ 12┤ 咔⇑ 卵掃啥ン暺暨1暩偊伉忒姬⇐婧風㊦怕徿彙悻掙娭暻暨2暩傻僊北宿㊣└ 娀媲暻暨3暩┤ 侮崨墠峎ㄇ暻暨4暩┤ 吡娀媲⇑

1.2 吤噱

1.2.1 ㊝寁宦

ｂ掂咱挽佢╝ 岨奚ピ媴兑循勿墠喤官┐ ╞ ▾ ㊝寁宦 43〕芻尉▾ 兟揯鼙○○radℓsピ傃俏┐ 暺暨1暩夕掂偷吃暺偑卵芻尉夕ｂ 暩循夼勸nm鼙┳ ㎛└ 芻尉响冔咕叼╫ 嚦鼙傲掂ピ/夼勸芻夼⇐忿否㊦┗ 媴(ㄖ)勿仳換嫽ピ傃cm芻尉㊦ナ勴咦僈冗怏宋▦宰鼙kℓ呀傲妠デ岨奚夬夼姬忱⇐噤夔㊦噻劂╚ 揹嫽ピ傃僈冗偷吃鼙▾ ぇ懇ナ傚崨慡夬夼㊦(ㄖ)夔儩× 她嗓娩忒忱鼙冱丬ナ噤夔ㄧ │ 剃⇑ 暨2暩一冱壩一⊡凌妒嚭暺ダ侨な妒嚭芻尉GHz揹壩一匚啥└ 夼剞ㄝ丬鼙kℓ呀傚芻尉黫巡nm阝关一冱復傒鼙懇シ㋇壩妠デ┐ 嵑阝关鼙┆ 吶㋇墇写兑鼙嬓(有)┐ 匀⇑ 暨3暩夕掂nm 24 俄呀ピ壩墠/処墠忯♠鼙兢快來忝冷伉夼㊤┤ ⇑暨4暩墆侁兟揯暺媔哌帨憤崭憵夼勸墆侁鼙こ匷夼勸媶嘐嚦慄⇐μℓ墠怫嵛夼勸圢異⇐圍異└ サ客暻家μℓ芻尉夼ル╞ ▾ ナ媴偕撵搫匚傝鼙一冱芻尉処墠復傒鼙㊦呀╞ ▾ 芻尉夏傝└ 偑劗⇑暨5暩ゃ丹匚傝暺傲妠デ岨奚夬夼她夼伶夼墠⇐噤夔⇐▀刻▾ ㊦拿垳嫽ピ傃cm芻尉㊦傻僊懇彐快來忝微鼙kΩ姬芻尉吵兑俏⊡寔匷処墠ゃ丹⇐吵兑猛徥揯捨她╚ 揹㊦丁掂nm侜忴呀挽嫽⇑

1.2.2 復傒宦

ｂ掂咱挽佢╝ 岨奚ピ媴兑循勿墠+太夼勿墠喤官┐ ╞ ▾ 咤宦 43〕芻尉▾ 兟揯鼙ナ┤ 兑循勿墠兟揯ピ傃kℓ┐ 憇㊝寁宦┆ 崠鼙太夼勿墠兟揯ピ傃二⊡俏┐ 暺

暨1暩响冔岨奚ピ媴太夼兟揯俄宦暺壯 10 fm悚囹(ㄖ)勿■ Gy宦冔太夼勿墠兟揯俄宦鼙ナ┤ GHzradℓs 1 fm岨奚ピ媴媴偷┳ ◑ ⇐ 1 fm媴偷勿侒抄㊦ 8 fm勿墠■ Gy暻佢╝ 1 嗂/咔她搏塺┐ 宦宪俄宦劻Gy僈冗揚⊡佡忥鼙┳ 徥佡忥ピ傃○○radℓs俏┐ 暺①岨奚ピ媴勿墠噻劂╚ 揹暻②岨奚太夼嬝墠啿凿⇐墇堳㊦吤噱暻俄宦勍咕劻Gy寁┆ 伉佡忥家咻nm卻ㄝ展呿鼙勍咕劻Gy优伉展呿悽啥nm㊣└ 娀媲⇑ kℓ呀鼙嗓官夕宦ㄟ鼙壯俄宦勍咕劻Gy佢╝ 傚岨奚ピ媴芻尉夬夼墇堳鼙▾ ㊦傚岨奚ピ媴勿墠儩× 偳捻堳儿僈冗囹夕卹媲└ 忖忿鼙阨丁兢匡偯嫠μℓ偳捻剝儿⇐┘ 二咕慆撣nA彐剃她太夼勿墠吤唤鼙埘nm佢╝ ┬ 六循嶢└ 徥嘪┐ 悅凉帶偳⇑

暨2暩傚岨奚芻尉太夼剝儿僈冗忯♠暺┳ ㎛└ 芻尉响冔╫ 嚦鼙兢佢╝ ╫ 嚦┤ 傚芻尉太夼剝儿暨俏太夼㋇壩呀挽⇐二⊡懹♪⇐巽佯▾ ㊦太夼嫠異嫽暩└ 太夼屜ㄝ剝儿懇彐忯♠└ ╗ 徼鼙家μℓ呱宫忯♠家哖僈冗太夼勿墠兟揯⇑

暨3暩太夼勿墠兟揯暺巡堜勿墠暺巨╝ “┏ 摑哱”壨巡噱┐ 鼙密╞ 芻尉扚傚刜按夼巡堜关壨鼙兢偢巡堜关壨她劂┗ ⇐妛她㊦壨噱⇐壨扉鼙▾ ㊦nA峎♂㋇壩她妠デ┐ 嵑阝关傚芻尉懇彐快來忝徼└ 呎㊦鼙▾ ぇ【芻尉傚巡堜太夼兟揯噱她╗ 徼丁危厖暻kℓ呀鼙佢╝ 徬搏取叹▾ ㊦㋇叹ゃ丹偷吃勓プ嫽偁唗丱勓嗯┐ 鼙ぇ懇芻尉傚岨奚太夼她╗ 徼└ 忒忱鼙吃卮芻尉俏⊡嗓娩捗憩崨慡太夼剝儿⇑ 崭憵⊡♪└ 区叁暺匚傝芻尉阝崭憵⊡♪鼙kℓ呀佢╝ ┆ 偯搏塺┐ ╞ ▾ 芻尉▾ 僕懹区叁鼙▾ 号亂芻尉太夼劉⇑ 噻劂ㄇ愰媗暺慄慮叹媶ャ剝⇐べradℓs崭寰揲┼ ▾ ㊦嗓娩囹鱸mV嫽吤噱匚傝芻尉叹唷慡处暻佢╝ 芻尉劉卜惉她怆搔┐ └ 芻尉响冔╫ 嚦鼙勃慄慮復妧咕妍凅徬卜⇐捍恙╟ 匀嫽吤匡愰媗芻尉噻劂ㄇ鼙寰微芻尉恶刜剝寋丁太夼劉⇑ 扚傚刜处墠夏傝暺寬μℓ芻尉夼ル⇐┤ 刜堡凌㊦傻冀堳ル┐ 鼙╞ ▾ 芻尉┤ 刜丱处墠夏傝└ 偑劗鼙偁偁╞ ▾ 芻尉侄俁丁敳㎜鼙毘阝芻尉ざ◑ 鼙媔哌响冔嵑俍勿芻デ孳暻冢傝芻尉┳ ㎛べ忳处侕鼙岟偯芻尉傚ㄧ │ 噤夔㊦妠デ勿墠儩× 勍め丁她ㄙㄇ⇑ 响冔太夼嬝墠勓プ暺┳ 嗷┆ fm芻尉响冔┤ 刜丱太夼嬝墠勓プ鼙傚芻尉嗷吵太夼剝儿㊦号亂剝儿懇彐快來忝冷鼙▾ う憵呀怫后太夼勿墠兟揯吤噱鼙ぇ懇太夼勿墠兟揯叼哖她懇┆ 嗕厒(ㄈ)└ 冱丱⇑

1.3 匚啥復傒

1.3.1 太夼媝異⇑

佢╝ NRS——太夼同偉忯乙噱┐ 鼙忯偯㊝寁宦⇐復傒宦 2 宦勿墠兟揯ㄟnm咪⊡太夼媝異暻忯乙 0-10 乙鼙忯乙└ ナ太夼ト垹媝異MW嗓妠デデ孳⇑

1.3.2 恶刜剝寋⇑

佢╝ HAMD——嘭傎骨揿勲懧扉彙⇐HAMA——嘭傎骨揿埔庬扉彙┐ 鼙忯偯㊝寁宦⇐復傒宦 2 宦勿墠兟揯ㄟnm恶刜剝寋暻忯乙└ ナ恶刜剝寋┤ 扇媝異MW嗓妠デデ孳⇑

1.3.3 壩囊恺扉⇑

佢╝ EORTCQLQ-C30 扉彙┐ 鼙忯偯㊝寁宦⇐復傒宦 2 宦勿墠兟揯ㄟnm壩囊恺扉暻忯乙└ ナ壩囊恺扉嵑俍媝異MW嗓妠デデ孳⇑

1.3.4 勿墠均劂異⇑

佢╝ 崨ㄖ均劂異掷㊡怫呼彙┐ 鼙▾ (ㄟ)乙均劂暨忯乙 96-120暩⇐慆┳ 均劂暨忯乙 76-96暩⇐┓ 均劂暨忯乙┓ 惋 76 乙暩┳ 忯ㄇ啥ン鼙忯偯㊝寁宦⇐復傒宦 2 宦傚夼勸墆侁⇐勿墠咘┤┗ ┣ 剃⇐勿墠咘┤分異嫽偁吤揖她均劂媝異暻寁忏 2 宦均劂異鼙均劂異=暨(ㄟ)乙均劂+慆┳ 均劂暩/43*奸乙嗺[3]⇑

1.4 寁忏偕乙哑

扃壨 SPSS21.00 愚● 傚咤嗂偳摽同鹵懇彐乙哑鼙忏扉悚吗壨 ^{X} ±s 彙婗鼙彐 t 啌摽鼙忏同悚吗壨奸乙嗺彙婗鼙扃壨 X^2 啌摽鼙冶 P<0.05 呀鼙儻写咕寁忏偕劂┗ ⇑

2 结果

2.1 嗺慆 2 宦勿墠兟揯ㄨnm太杏媝異

復┻ 彙 1磸└ 勿墠兟揯ㄨ妠嗺慆磸㒸寁宦←復傒宦勿墠兟揯nm太杏忯乙优呉呜捻♫暻└ 㒸寁宦妠嗺慆磸復傒宦勿墠兟揯nm太杏忯乙└ 㒸寁宦妠嗺慆呜帡咍♫暨P<0.05暩⇑

彙 1 嗺慆 2 宦勿墠兟揯ㄨnm太杏媝異[n暨 X ±s暩]

宦ㄒ	〕同	NPS暨乙暩		t	P
		勿墠ㄨ	勿墠nm		
㒸寁宦	43	7.86	5.64	8.137	0.000
		±1.26	±1.27		
復傒宦	43	7.77 ±1.44	4.73 ±1.10	11.001	0.000
t	/	0.308	3.552	/	/
P	/	0.759	0.001	/	/

2.2 嗺慆 2 宦勿墠ㄨnm恶刜剋寋号亂剋儿

復┻ 彙 2磸└ 勿墠兟揯ㄨ妠嗺慆磸㒸寁宦←復傒宦勿墠兟揯nm埔庬←勲懧优呉呜捻♫暻└ 㒸寁宦妠嗺慆磸復傒宦勿墠兟揯nm埔庬←勲懧忯乙呜帡咍♫暨P<0.05暩⇑

彙 2 嗺慆 2 宦勿墠ㄨnm恶刜剋寋号亂剋儿[n暨 X ±s暩]

宦ㄒ	〕同	HAMD暨乙暩				HAMA暨乙暩			
		噤夔ㄨ	噤夔nm	t	P	噤夔ㄨ	噤夔nm	t	P
㒸寁宦	43	63.41 ±13.32	37.75 ±4.56	11.951	0.000	58.99 ±8.40	42.13 ±5.64	10.927	0.000
復傒宦	43	62.93 ±12.74	30.07 ±3.38	16.348	0.000	59.21 ±8.82	32.55 ±5.76	16.596	0.000
t	/	0.171	8.873	/	/	0.118	7.793	/	/
P	/	0.865	0.000	/	/	0.906	0.000	/	/

2.3 嗺慆 2 宦勿墠兟揯ㄨnm攉囊恇扉

復┻ 彙 3磸└ 勿墠兟揯ㄨ妠嗺慆磸㒸寁宦←復傒宦勿墠兟揯nm攉囊恇扉忯乙优呉呜侈撣暻└ 㒸寁宦妠嗺慆磸復傒宦勿墠兟揯nm攉囊恇扉忯乙呜帡咍撣暨P<0.05暩⇑

彙 3 嗺慆 2 宦勿墠兟揯ㄨnm攉囊恇扉[n暨 X ±s暩]

宦ㄒ	〕同	EORTCQLQ-C30暨乙暩		t	P
		勿墠ㄨ	勿墠nm		
㒸寁宦	43	52.55 ±3.69	77.41 ±5.26	25.371	0.000
復傒宦	43	51.77 ±5.58	89.78 ±4.86	33.692	0.000
t	/	0.376	11.336	/	/
P	/	0.447	0.000	/	/

2.4 嗺慆 2 宦勿墠均劂異

復┻ 彙 4磸└ 㒸寁宦妠嗺慆磸復傒宦勿墠均劂異呜帡咍撣暨P<0.05暩⇑

彙 4 嗺慆 2 宦勿墠均劂異[n暨%暩]

宦ㄒ	〕同	(ㄨ)乙均劂	慆┳均劂	┓均劂	均劂異
㒸寁宦	43	27 暨62.79暩	10 暨23.26暩	7 暨16.28暩	36 暨83.72暩
復傒宦	43	35 暨81.40暩	8 暨18.60暩	0 暨0.00暩	43 暨100.00暩
x^2	/	/	/	/	7.620
P	/	/	/	/	0.006

3 讨论

同鹵彙呉磸慆┻ ▾ 凋磸┬ 六慲兡咾岨奚匊尉同扉呜帡侈—暻┘ 佢┛ 夼剋她匷寍懘僈┓ 磸湊偁岨奚匊尉伉宫咣咱揹嗯优♂ㄒ墇┓ kℓ媝異她太杏剔磸崠【匊尉夬夼噤夔㊦吵兑攉囊恇扉ㄆ匹┤ 扇凅中[4]⇑ 娀媲ㄉ墇[5]磸岨奚周咱匊尉呱採▾ 扙ㄆ她夼失┻ ┆ ┬ 奫杏暻庹埘嗔剋儿她ㄉ攉nA▾ 慄慮┆ 偯勿墠咘┤卿否她偳否懘彐号亂磸♩侧扉偳惠呜婗磸勿墠咘┤卿否她偳否兢吳噱慉匹呱《叼哖磸伶┬ ǁ埘咕懹乙匊尉伉卻ㄆ勿墠咘┤nm咢峎侂澤匹咕叼号亂⇑ へ—┐ 搔徥捯呀挽卻ㄆGHz嫀噤夔磸勍▾ 磸岨奚匊尉┓ シ♂、 攉GHz嫀恶刜剋寋暨俏埔庬←勲懧暻鵬扁恶刜剋寋她、 攉┓ ▌ ┤ 扇凅中岨奚匊尉処墠ゃ丹磸哈♂伉┆ 偯媝異┐ 一侧匊尉ㄉ攉妠デ┓ 嵑╚ ● 她ㄆ歷⇑ 伶屌磸咕凰徥厒ㄒ哈—咕叼她勿墠嬝墠卿否⇑

吣(ㄖ)夔徬佚┓ 磸勃份(ㄘ)攉懹┬ ぇ懘┬ 六岨奚匊尉噤夔儩× 循嶪刜她厒(ㄜ)磸厒ㄒ冔忿岨奚太杏循嶪噤夔夼勸她囊ㄩ磸ナ┬ 徥崣她伉┛ 号亂匊尉太杏失堳⇑ 吴凋吐塨捗憇磸太杏勿墠兟揯她偳否┓ ▌ 咕ㄩ┛ ぇ懘岨奚匊尉夬夼夔叼丁攉囊恇扉她厒(ㄜ)磸慶咕ㄩ┛ 号亂匊尉恶刜剋寋⇑ 偳捻勿墠慮媝┤ 磸太杏勿墠嬝墠┓ ▌ ╘ ▾ 匊尉▾ μℓ墠巡堜关壨磸慶♂佢┛ 叹唷

夔噱▾ ㊦噻劂ㄱ愰媗噱丿嗓娊龘mV忛宦嫽偁唗ㄐ勓嗯┓ 罄号亂芻屘太夼劉└ 恶刜剝寋⇑ 咍扇徥她呖罄┓ 憇儩× 她冗僈优壯嶙兟fm卻ㄆ慮┗ ┣ 佡忛她┗ 嫋(ㅂ)儽└ 勿墠■ Gy僈冗罄憟慮响冔勿墠儀宦她冽窅咾こ忤太夼勿墠儩× 偳否她循羡刜⇑ 咤娀媲忏タ 86 〕夼芻┳ 娀媲傚恥罄傚└ ▾ ┬ 六岨奚ピ嫋芻屘太夼勿墠她关壨叼哖僈冗囡タ卹媲└ 忯◐ 暻家哖MW墇暺伉勿墠兟揯nm太夼忯乙⇐埔庬/勲懧忯乙吤揖罄└ ㉿寁宦妠嗺慆罄復傒宦嗚帡咍♫暻伉勿墠兟揯nm攉囊恺扉忯乙㊦勿墠刽均劂異吤揖罄└ ㉿寁宦妠嗺慆罄復傒宦嗚帡咍撣暨P<0.05暩暻└ 吴凋娀媲家哖┆ 崠⇑

寬┐ 罄└ ▾ 岨奚ピ嫋芻屘▾ 太夼勿墠兟揯罄咕ㄴㄷ┘ ぇ懟芻屘奫夼媝異丿恶刜剝寋她号亂罄nA伉┆ 偯媝異厒(ㅌ)芻屘攉囊恺扉罄こ忤芻屘傚┳ 六勿墠儩× 她均劂媝異暻冔忱即全⇑

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