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

快速康复外科理念在老年复杂性肾结石患者护理中的应用效果及术后肠道恢复情况分析

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【摘 要】：**目的：**探究快速康复外科理念在老年复杂性肾结石患者护理中的应用效果及术后肠道恢复情况分析。**方法：**选取我院 2021 年 8 月～2022 年 8 月收治的 70 例老年复杂性肾结石患者作为研究对象，按照 Spread 软件分组方法分为对照组（35 例）与观察组（35 例），对照组采用常规护理方法，观察组采用快速康复外科理念护理干预方法。比较两组患者时间指标、生活质量、并发症发生率护理满意度。**结果：**观察组患者进食时间、排气时间、排便时间、下床活动时间及住院时间均短于对照组（P＜0.05）；干预前两组患者生活质量 SF-36 评分无显著差异（P＞0.05），干预后，观察组患者 SF-36 评分高于对照组（P＜0.05）；干预后，观察组患者并发症发生率低于对照组（P＜0.05）；观察组患者护理满意度高于对照组（P＜0.05）。**结论：**在老年复杂性肾结石患者护理中实施快速康复外科理念可缩短患者康复时间，并提高患者生活质量，降低患者并发症发生率，提高患者满意度，值得推广实施。

【关键词】：快速康复外科理念；老年；复杂性肾结石；应用效果

Application Effect of Fast Track Surgery Concept in Nursing Care of Elderly Patients with Complex Renal Calculi and Analysis of Postoperative Intestinal Recovery

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Abstract: Objective: To explore the application effect of the concept of fast track surgery in the nursing of elderly patients with complex kidney stones and analyze the postoperative intestinal recovery. Methods: A total of 70 elderly patients with complex kidney stones admitted to our hospital from August 2021 to August 2022 were selected as the research objects and divided into the control group (35 cases) and the observation group (35 cases) according to the Spread software group method. The control group was given conventional nursing method, while the observation group was given fast track surgery concept nursing intervention method. The time index, quality of life, incidence of complications and nursing satisfaction were compared between the two groups. Results: The feeding time, exhaust time, defecation time, ambulation time and hospital stay in the observation group were shorter than those in the control group (P < 0.05). There was no significant difference in the SF-36 score of quality of life between the two groups before intervention (P > 0.05), but after intervention, the SF-36 score of the observation group was higher than that of the control group (P < 0.05). After intervention, the incidence of complications in the observation group was lower than that in the control group (P < 0.05). The nursing satisfaction of the observation group was higher than that of the control group (P < 0.05). Conclusions: The implementation of fast track surgery concept in the nursing of elderly patients with complex kidney stones can shorten the recovery time of patients, improve the quality of life of patients, reduce the incidence of complications, and improve patient satisfaction, which is worthy of promotion and implementation.

Keywords: Concept of fast track surgery; Elderly; Complex renal calculi; Application effect

伉㈱夔勴咦┓ 吡ᵃᵐ僈└ 愻嗕慮婺┤ 瞽┬ 六┤ 傚┘ 侜咭刜岧家姲芻屘她噤夔咕┐ 咍撣她徥嘪瞽ナ崣她┓ ▌ 匜嘶伉徼掃芻屘夼央瞽慶搔徥噻扇芻屘攉囊恺扉她厊㈥瞽兢—击芻屘慡⊡刱侜慉巽[1-2]⇑ 仱嗔搔徥勦ㄷ┆ 嫀咕叼她勿墠吤巨瞽厊㈥芻屘攉囊恺扉⇑ 击慉丹侜侠媩墠凿呖┆ 嫀吣伻她勿墠喤巨瞽nA啾卤芻屘她偳捻剝儿厊丨ダ揖她勿墠ピ傃⇑ 咤吐娀媲▾ 70〕屔兡侜咭刜岧家姲芻屘┬ 娀媲復傒傚恥瞽劂伉ㄛ哑击慉丹侜侠媩墠凿伉屔兡侜咭刜岧家姲芻屘勿墠┤ 她关壨叼哖㊦咦nm岕憺刱侜剝儿瞽二⊡勻kΩ┐ 憩⇑

ISSN: 2705-0939(Print); 2705-0475 (Online)

1 资料与方法

1.1 ┆ 崹悚吗

娀媲憔ᶻᵍ勃掂叵噤她屔兡佾咭刜岧家姲勢尉テ 70 〕罄叵噤呀挽暨2021 兡 8 咔曾2022 兡 8 咔暩罄倶勢尉扃ᶻᵍ Spread 煚● 乙宦她吤巨乙┳ 復傒宦└ 傚埡宦⇑ ナ┤ 傚埡宦 35 〕罄ナ┤ 壳刜勢尉┳ 20 〕罄倍刜勢尉┳ 15 〕罄ナ兡斃揚┤ 伉 65-76 僖┻ 挽罄优へ暨70.58±2.78暩僖⇑ 復傒宦 35 〕罄ナ┤ 壳刜勢尉┳ 22 〕罄倍刜勢尉┳ 13 〕罄ナ兡斃揚┤ 伉 66-77 僖┻ 挽罄优へ暨70.59±2.79暩僖⇑ 宦挽同鹵傚嗺吳寁忏偕儻写暨P暾0.05暩罄nA嗺⇑

1.2 吤噱

傚埡宦暉密└ 兑循勿墠兟揯⇑ ┳ 勢尉▦ 宰(ㄖ)掂墆侁罄兢伉咦ㄨ忞憇噻劂╚ 揹罄咦nm妒嚭勢尉壛一⊡凌罄復傒勢尉夼剝ᵑᵒ僈罄厊丨兢ᵑᵒ失揯捨勿墠⇑

復傒宦暉密└ 击憰丹侜侠嬅墠凿勿墠兟揯⇑ 暨1暩咦ㄨ勿墠暉勓咦ㄨ搔徥㎝勢尉㊦傻僊噓憟罄┳ ナ▦ 宰(ㄖ)掂墆侁罄囆掃勢尉她捺壛剔罄兢┳ 勢尉忞憇夬夼妠デ姬忱罄┳ 勢尉▦宰勓咦吤噱←噻劂╚ 揹嫽罄厊(ㄷ)勢尉噻劂ㄊ⇑ 暨2暩处墠勿墠暉傚勢尉她处墠堳分憼彐忯♠罄┐ 徼勢尉偳摠处墠堳儿罄兢冗僈ゃ丹吃岡罄憟慮忒姬夔噱厊(ㄷ)勢尉忒姬嚶挑罄兢囆掃勢尉处┤ 敻剂└ ┐ 偑嫽处墠挪搔罄┳ 勢尉厊丨处墠匚傝罄【勢尉嗓徬崕慡夬夼罄兢己忄处分挑丁罄姵己勢尉咦ㄨ堳分嵑俍罄兢均惋勢尉她勓咦徥嘪⇑ 暨3暩咦ㄨン供暉伉勓咦 2d ㄨ罄搔徥匚傝勢尉冗僈⊡♪忉宦罄家μℓ勢尉勓咦徥嘪罄冗僈崂峆劬姲♪㊦ぞ(五)♪宦┼ 罄兢伉勢尉勓咦ㄨ 1d罄pA仆勢尉憼彐(ㄉ)嚦搫搫罄咦ㄨ 4h 搔徥嬰搫侚墠罄咦ㄨ 2h 搔徥憼彐岕憺ン供罄兢め俍供妄←妄忾←供瞊←垮岕嫽ン供罄姵己勢尉勓咦摇ㄴ偳否⇑ kℓ呀搔徥姵己勢尉夼勸墆侁嵑俍罄【勢尉勸挽偑捏后嚌←圍異慘偛罄厊(ㄷ)勢尉崭慘異⇑ 暨4暩咦┤ 勿墠暉┳ 勢尉厊丨己圍勿墠罄倶勓咦偷ピ圍異怫嵛慘偛罄兢倶勓咦┤ 壨ㄈ她垮嚓回⇔巡嫽憼彐刦圍侚墠罄舍嗒冢惀勢尉关圷ᵃᶻ⁻关罄兢伉勓咦慮媝┤ ┤ 傎妒嚭勢尉她壛一⊡凌罄己忄勢尉堳分嵑俍⇑ 暨5暩咦┤ nm勿墠暉┳ 勢尉厊丨处墠勿墠罄伉勢尉敓戲囹户nm罄勿墠■ Gy搔徥▾ 愿哞她怕嘐└ 勢尉╫ 嚦罄kΩ姬勢尉勓咦偨劻剝儿罄兢忞憇咕デ咦nm噻劂╚ 揹⇑ 勓咦nm搔徥┳ 勢尉厊丨⊡♪勿墠罄己忄勢尉勓咦nm 6h ㊋哒狣(五)⊡♪罄傚╝

噔咕囹户她勢尉咾怜搔徥倶ナ侯みcm┆ 二罄懇シ勢尉怗mV⇑ 兢兎ㄩ勢尉囊ㄩ憙デ嵛└ 崋デ嵛罄捨嗒勢尉㊉夠嫽兢ᵑᵒ失她ᵑᵒ壛⇑ ┳ 勢尉厊丨撵鞶勿墠罄己忄勢尉卵嘐┻ ㄨ婴鞶罄兢慄慮揑峚彙ゲ帨ノ罄冶勢尉咦nm卵嘐nmnA▾ 憙圁刱侜撵鞶罄壯㈠嚦鞶cm呎慄撵鞶慮異罄兢一傀撣鞠截鞶严她厹夕罄pA仆勢尉俑鞶壨幗希嚶哖罄揯捨う媋⇑ こ忄勢尉俑撵嚶罄嗷吵撵嚶扉搔惃慮 3000ml罄兢こ忄卵傻扉惃慮 2000ml⇑ 傚勢尉厊丨太央勿墠罄復傒勢尉咦nm太央媝異罄家μℓ勢尉偳捻剝儿┳ 勢尉厊丨┤ 刜卄她太央卿否罄扚傚太央剝儿慆愿她勢尉咾怜罄nA慄慮揲┼ 夔噱←ャ剝嫽吤巨憼彐叹唷他宦罄【勢尉噻劂ㄊ乙合⇑ 傚╝ 太央媝異慆┤ 扇她勢尉咾怜罄搔徥kΩ姬(ㄖ)壛兢厊丨按央巡埬兟揯⇑┳ 勢尉厊丨兢ᵑᵒ失勿墠罄妒諂勢尉她⊡圍←峚厧←鱊mV←瞊㊉嫽匚唅罄兢復傒勢尉勓咦懹♪呖kPa偶伉圇瞊罄復傒勢尉冢嚦嬝呖kPa慄壹罄兢┳ 勢尉復傒勢尉刱侜剝儿罄┳ 勢尉厊丨ゃ丹匚傝⇑

1.3 復傒匚唅

嗺慆┣ 宦勢尉呀挽匚唅←壛囊恺扉←兢ᵑᵒ失ᵑᵒ壛塺勿墠均劂異⇑

暨1暩呀挽匚唅暉憼鞶呀挽←卵嘐呀挽←卵う呀挽←┐六囊ㄩ呀挽← ♭ 掂呀挽⇑

暨2暩壛囊恺扉暉扃壨嬔呉壛囊恺扉扉彙 SF-36 忯♠罄曬㊦寔異ooralsㄊ♂ㄒ崀←愧⊡ㄒ崀←德嵓ㄒ崀←忒姬ㄒ崀嫽揹峚罄忯乙惄揮罄壛囊恺扉惄俍⇑

暨3暩兢ᵑᵒ失ᵑᵒ壛塺暉咦nmㄒ瞊←劉唄←峻峮媔回⇑

暨4暩勿墠均劂異暉傚勢尉ᵑᵒ叹怫呼掷㊄罄oo匡(ㄨ)乙均劂暨85-100 乙暩罄佢咤均劂暨60-85 乙暩罄┐ 均劂暨0-60 乙暩剖均劂異=1-┐ 均劂異⇑

1.4 寁忏偕乙哑

娀媲勍咕同鹵彐寁忏同鹵罄忏扉悚吗暨 $\bar{x}$ ±s暩彙婗←忏同悚吗 n暨%暩彙婗罄宦挽傚嗺 t← 啌摽罄P瞥0.05罄寁忏劂┻ 啥ン罄关壨 SPSS 21.0 煚● 寁忏乙哑⇑

2 结果

2.1 呀挽匚唅

復傒宦勢尉憼鞶呀挽←卵嘐呀挽←卵う呀挽←┐六囊ㄩ呀挽㊦ ♭ 掂呀挽优姁╝ 傚埡宦暨P瞥0.05暩⇑ 徨彙 1⇑

彙 1 ┣ 宦勢尉呀挽匚唅嗺傚暨 $\bar{x}$ ±s暩

宦ㄨ	憼鞶呀挽暨h暩	卵嘐呀挽暨h暩	卵う呀挽暨h暩	┐ 六囊ㄩ呀挽暨h暩	♭ 掂呀挽暨d暩
復傒宦 *n*=35	8.33±2.67	33.45±2.58	55.68±4.34	8.58±3.58	6.56±1.12
傚埡宦 *n*=35	28.03±2.41	40.62±2.71	67.78±4.58	17.46±4.58	9.31±1.13
t	32.403	11.337	11.345	9.037	10.226
P	瞥0.001	瞥0.001	瞥0.001	瞥0.001	瞥0.001

2.2 壛囊恺扉

兟揯ㄨ┣ 宦勢尉壛囊恺扉吳呜帡儻写暨P暾0.05暩罄兟揯nm復傒宦勢尉壛囊恺扉呜帡撣╝ 傚埡宦暨P瞥0.05暩⇑ 徨彙 2⇑

彙 2 2 宦勢尉 SF-36 忯乙傚嗺暨 $\bar{x}$ ±s瞽乙暩

宦ㄟ	婚♂ㄒ崀		愧⊡ㄒ崀		德嵅ㄒ崀		忒姬ㄒ崀	
	兟揯ㄟ	兟揯nm	兟揯ㄟ	兟揯nm	兟揯ㄟ	兟揯nm	兟揯ㄟ	兟揯nm
復傒宦暨n=35暩	54.46±4.78	75.84±2.38	58.78±2.78	73.58±2.74	66.58±1.32	80.55±2.63	62.58±4.74	78.45±4.78
傚埡宦暨n=35暩	54.58±4.68	66.23±2.57	58.58±2.45	65.67±2.32	66.37±1.71	70.57±2.85	62.76±4.47	69.59±2.64
t	0.106	16.231	0.319	13.034	0.575	15.225	0.163	9.599
P	0.916	瞥0.001	0.750	瞥0.001	0.567	瞥0.001	0.871	瞥0.001

2.3 兢勹失勹壟塺

復傒宦勢尉兢勹失勹壟塺♫╝ 傚埡宦暨P瞥0.05暩⇑ 徨彙 3⇑

彙 3 ┣ 宦勢尉兢勹失勹壟塺嗺慆[n暨%暩]

宦ㄟ	咦nm丅彉	剽唲	峻峮媔回	兢勹失勹壟塺
復傒宦n=35	1(2.86)	0(0.00)	0(0.00)	1(2.86)
傚埡宦n=35	3(8.57)	2(5.72)	2(5.71)	7(20.00)
x^2				5.081
P				0.024

2.4 勿墠均劂異

復傒宦勢尉勿墠均劂異呜帡撣╝ 傚埡宦暨P瞥0.05暩⇑ 徨彙 4⇑

彙 4 ┣ 宦勢尉均劂異嗺慆[n暨%暩]

宦ㄟ	(ㄟ)乙均劂	佢咤均劂	┓ 均劂	均劂異
復傒宦n=35	14(40.00)	19(54.29)	2(5.71)	33(94.29)
傚埡宦n=35	10(28.57)	15(42.86)	10(28.57)	25(71.43)
x^2				6.437
P				0.011

3 讨论

侜咭刜岧家姲呖壯╝ 勢尉她傻回┤ 呲⊡堜恍嚳異(ㄷ)撣瞽轨尉圴徼異捻♫瞽兢伉勢尉岧岢懹♪出揚壟拶瞽【勢尉她岧ㄒ崀┐ 捻瞽勢尉伉慡⊡囊ㄩ┤ ♂、 壟冱垹她太夼劉瞽傚勢尉她慡⊡ゃ丹克咾┤ 扇凅中[3-4]⇑冶ㄟ┬ 六┤ 俑扃壨寀妄岧慔傻嬝摯ㄅㄢ姲咦噤夔瞽兢╝ 嗔嫀勓咦吤巨叡× 嬔(ㄨ)←偝ダ刜慆撣瞽影┬ 六┤ 全噴关壨⇑ ♩呖傚╝ 屔兡勢尉咾恰瞽♂偊伉慆俑她佢娘夬夼瞽兢╝ 崕慡咪⊡ㄒ崀一憍瞽勢尉咦nm刱侜採異慆撣瞽╝ 呀挽慆抄瞽屔兡勢尉呋ㄣㄏㄩ俑吤揖伶學她凅中、壟┤ 扇她┓ 嵑处墠瞽兢冢勹勢尉埔庬←勲懧嫽处墠掙娭瞽傚勢尉她刱侜、壟┓ ╚凅中瞽搔徥慆抄她咦nm刱侜呀挽瞽傚╝ 勿墠她徥噮慆撣[5-6]⇑

击憰丹侜侠嬋墠凿匸她呖憟慮墇► 丱勿墠勓嗯倚兑循勿墠┥ 她ピ傃甍彐☞丱└ 偨亂瞽倚勿墠恺扉厒(ㄷ)瞽一傸傚勢尉她×♁瞽兢ぇ甍勢尉僥吹丹侜瞽【勢尉壟囊恺扉厒(ㄷ)⇑ 傚╝ 侜咭刜岧家姲勓咦咾怜瞽妠嗺╝ 兑循她岧家姲勓咦二咕慆侧採異瞽兢┘ ♂傚勢尉憤劻慆侧×♁瞽【勢尉、 壟冱垹她关坅ㄗㄏ⁻关⇑ 伶嗔傚╝ 勢尉她咦nm刱侜傮┳ 扇徥瞽伉击憰丹侜侠嬋墠凿勿墠┥ ∞匡┓ 俑吤揖她勿墠ピ傃瞽壯勢尉她咦ㄟ勿墠崟咦nm勿墠瞽⊡墇丅勿墠儩× 她孤寀丱└ ダ揖丱⇑ 区埡偳捻她勓咦徥嘪瞽┳ 勢尉厒丨快寀她咦ㄟ匸傝瞽憟慮懇冗咦ㄟ她嬰搫←嬰嚶←垮岕←岬岕一㊀嫽叡× 瞽一傸勢尉关坅ㄗㄏ⁻关⇑ 兢伉咦┥ 厒丨⊡圍勿墠└ 勿墠妒豁瞽姴こ勢尉勓咦摇ㄴ偳否瞽扁伉咦nm勿墠┥ 瞽噻扇勢尉她撙搫勿墠←太夼勿墠←兢勹失勿墠瞽姴こ勢尉咦nm击憰刱侜⇑ kℓ呀倚处墠勿墠悅媷伉ダ媝勿墠┥ 瞽【勢尉剝寋媦偯瞽处分嵑俍⇑ 伉嗔嗂偳摽娀媲┥ 瞽▼ 70 〕屔兡侜咭刜岧家姲勢尉× ┬ 娀媲傚恥瞽兟揯nm瞽復傒宦勢尉甍搫呀挽←卵嘐呀挽←卵う呀挽←┐ 六囊ㄩ呀挽㊦ ♭掂呀挽优姁╝ 傚埡宦瞽兢勹失勹壟塺♫╝ 傚埡宦瞽壟囊恺扉└ 勿墠均劂異撣╝ 傚埡宦暨P瞥0.05暩⇑ 忤偳┓ 击憰丹侜侠嬋墠凿傚勢尉咦nm刱侜咕媔哌× 壨[7-8]⇑

寬┐ 勍憇瞽击憰丹侜侠嬋墠凿伉屔兡侜咭刜岧家姲勢尉勿墠┥ nA尅姁勢尉丹侜呀挽瞽厒撣勢尉壟囊恺扉└ 均劂異瞽捻♫勢尉兢勹失勹壟塺瞽nA即全偳否⇑

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