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# 优质护理应用于艾滋病人中的效果观察

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摘 要：目的：扚傚芻咕嵙呈夼▄ Gy冗僈勿墠儩× 濌復傒慱壨☞恍勿墠勍、 攉她叼哖⇑ 方法：憔匪啊㈱掂 40 fm嵙呈夼▄ × ┳ 嗔嗂卹媲娑啥濌傚芻尉乙┳ 兑循宧丆兟揯宧濌嗷┫ 儩宧懿咕 20 fm芻尉⇑ 伉冗僈勿墠慮媝┫ 濌兑循宧甍彐她呖劉唲嬋兑循勿墠兟揯濌扁兟揯宧儿呖伉兑循宧她佢娘┐ 傚芻尉甍彐☞恍勿墠兟揯⇑ 乙ㄨ傚慷┣ 宧芻尉她勲懧⇐埔庬崨忯扉彙丆勿墠均劂鼻嫽吤揖甍彐傚嗺⇑ 结果：嫳┆ ⇐傚┣ 宧嵙呈夼▄ 甍彐勿墠┻ nm濌兑循宧 PSQI 忯乙徥嗺兟揯宧她乙同撣濌┣ 宧芻尉傚嗺儳写二咕寁忏偕劂┻ P瞥0.05暻嫳┘ ⇐傚┣ 宧芻尉甍彐勿墠┻ nm濌ナ SAS 丆 SDS 忯乙甍彐傚嗺儳写刜兢噔咕寁忏偕劂┻ P暾0.05 暻勿墠┻ nm濌慷┣ 宧芻尉她GHz揹忯乙懿徥嗺勿墠┻ 亠她GHz揹忯乙♫濌ナ儳写咕寁忏偕劂┻ P瞥0.05暻嫳┌ ⇐傚嵙呈夼▄ 勿墠均劂鼻傚嗺濌ナ┤ 兑循宧均劂鼻┳ 65%濌吳呜徥嗺兟揯宧她 95%♫濌傚嗺儳写二咕寁忏偕劂┻ P瞥0.05⇑ 结论：傚嵙呈夼▄ 甍彐勿墠慮媝┫ 濌慱壨☞恍勿墠峎侇哈俍傚ナ姃妮恍扉甍彐号亂濌kℓ呀慶峎傚芻尉伉噤夔慮媝┫ 勍、 攉她恶揖剞寋捻♫濌厒撣芻尉傚勿墠她均劂媝鼻⇑

关键词：☞恍勿墠暻嵙呈夼暻均劂鼻暻掫忪嬝墠

## Observation on the Effect of High Quality Nursing Applied to AIDS Patients

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**Abstract：** Objective: To carry out nursing work for people with AIDS and observe the effect of quality nursing. Methods: 40 AIDS patients in a hospital were selected as the objectives of this study. The patients were divided into routine group and intervention group. Each group had 20 patients. In the process of nursing, the routine group carried out routine nursing intervention in the Department of Infection, while the intervention group carried out high-quality nursing intervention for patients on the basis of the routine group. The depression, self-rating Anxiety Scale and nursing satisfaction of the two groups were compared. Results: First, after nursing the two groups of AIDS patients, the PSQI score of the routine group was higher than that of the intervention group, and the difference between the two groups was statistically significant (P < 0.05); second, there was no significant difference in SAS and SDS scores between the two groups after nursing (P > 0.05); after nursing, the scores of the two groups were lower than those before nursing, and the difference was statistically significant (P < 0.05); third, comparing the nursing satisfaction of AIDS patients, the satisfaction of the routine group was 65%, which was significantly lower than that of the intervention group (95%), and the difference was statistically significant (P < 0.05). Conclusion: In the nursing process of AIDS patients, the use of high-quality nursing can better improve their sleep quality, reduce the negative emotions of patients in the treatment process, and improve the satisfaction of patients with nursing.

**Keywords:** High quality nursing; AIDS; Satisfaction; Follow-up management

嵙呈夼呱冗俬呖壯熡份勍娊忒濌梢哖▄ ⊡芻咕慷嫁夼磋濌咪⊡她シ瓮ㄊ丌崀傲♂偊伉尔掍濌呱宫咪⊡吳噱包凝俾岪崨慡攉一┤ 勍、 攉她GHz嫁夼㊉⊡扃、 攉她┆ 孳尢┳ 六寬μℓ失⇑ │妠デ同鹵怫呼┤ nA▾ 澤姬濌嵙呈夼慷嫁夼磋夼嗚她啿塺揓兑撣濌扁┘ ㊝取憣鼻湊击濌傚冶▒ 婚♂杗嚯ㄉ卩慢丁▄ 孌ゃ丹憤劻湊侧俾岪濌ナ憙圁劻┳ ┤ 扇她ヂテ㈦攉掷搔⇑ 嵙呈夼呖┆ 嫁劉唲剃夬夼┻ ┆ 濌慷嫁夫夼♂傚芻尉噤夔丁丹侜她憣鼻憤劻┆ 偯捭娭濌劝▾ 搔徥偳彐☞恍勿墠濌傚芻尉她勿墠均劂鼻丁恍扉厒撣⇑ 伉傚夼▄ 甍彐噤夔┤ 搔徥扃壨☞恍勿墠濌┐ ▌ 峎侇厒撣夼▄ 噤夔┤ 她ㄧ │濌慶傚┳ 六噤夔咕㈹ㄴㄷ× 壨⇑

1 临床资料和随访干预

/,/ ┳ 六悚吗

憔匪啊㈱掂她 2. fm芻咕嵙呈夼▄ × ┳ 嗔嗂卹媲娑啥濌傚卹媲娑啥乙┳ 兑循宧丆兟揯宧⇑ 伉兑循宧芻尉冶┤ 濌壳剃咕 /. fm濌皓剃咕 /. fm⇑芻尉兡斃乙ㄨ伉 /7|42 僖┻ 挽濌兟优伉暨22,2/¤ /7,02暩僖暻兟揯宧壳剃芻尉咕 7 fm濌佶剃芻尉咕 // fm濌兡斃乙ㄨ伉 /7|42 僖┻ 挽濌兟优伉暨22,43¤ /5,13暩僖⇑ 兑循宧丆兟揯宧嵙呈夼▄ 她兡斃丆剃ㄨ嫽佢咤悚吗甍彐傚嗺濌ナ儳写剃噔咕寁忏偕劂┻ 濌N暾. ,. 3⇑芻尉宙夕嗔嗂卹媲她啥ンル呖暺暨/暩娊こ憔匪她▄ Gy芻咕嵙呈夼夬夼暻暨0暩卹媲娑啥兢噔咕丁墇ナ▥ ┤ 扇夬夼暻暨1暩芻尉┆ 崹堳分丞暻暨2暩毘澤姬剝咮兢┘ kℓ劂⇑

/,0 掫忪兟揯

伉傚夼匊勿墠她慮媝┥ 聾轉壨兑循勿墠呖劉唲嬋嗺慆兑壨她勿墠吟噱⇑┳ 徥呖冢傝嵙呈夼匊尉勿墠謺cm夼匊忞徼ゃ丹吃岡▾ ㊦囆砦接媮她佢娘姬忱嫽⇑

傚兟揯宦匊尉懟彐勿墠慮媝┥ 聾肪傚兑循宦夼匊勿墠×┳ 佢娘她☞恍勿墠謺ナ吟噱儿呖暉效嵙呈夼挲忴掫忪嬝墠㈱勿儩× ■ Gy扁忀聾猛徥伉危厖┥ 傌嵙呈夼妠デ└ ├ 姬忱謺動峎伉偳捻儩× 慮媝┥ ┓ 屔撣崦慔她└ ├ 嚶兣勴咦⇑└ 嗔kℓ呀謺—侧惡匊尉┻ 挽她噓憟╫ 嚦←冗僈处墠世怋嫽⇑

嫳┆ 聾嵙呈夼挲忴掫忪嬝墠尉伉偳捻儩× 冶┥ 徥忒娀傚嵙呈夼咕デ姬忱懟彐偕┼ 聾湎哌㊣—㈱掂宦宪她GHz揹佡牠冶┥ 謺懟彐└ ├ 她佡牠偕┼ 謺偁惡傝儽噓憟丁╫ 嚦謺兢┘ 崦慔徥偕┼ 咕デ└ ├ 姬忱ㄴ弋傚崦慔墠忿姬忱丁叡× 勴峎屔撣謺—冱崦慔�haㄈ沸噓憟勴傻謺伉冗僈掫忪儩× 呀謺搤徥噻劂┆ ╦ └ 揹丁冶伐搢く┼ 剴丁壩囊┼ く⇑

嫳┘ 謺冗僈嵙呈夼挲忴掫忪嬝墠儩× 呀謺嵙呈夼■ 寀兑懿♂偊伉埔庬┓ 偁←崦㈱←别剭丁剛復嫽┆ ╦ 恶揖处墠揶搔⇑勍▾ 徥嘪掫忪嬝墠■ Gy忒娀偕┼ 兢┘ ╗ 徼妠デ处墠世怋姬忱謺┻ 嗔kℓ呀慶徥傚GHz嵙呈夼■ 她┓ kℓ处墠剡儿懟彐妠デ处墠世怋⇑伉冗僈慷揹兟揯呀搔徥密└ 嵙呈夼■ 傣扇←┓ 忯ㄇ←め俍こ傎儩× 謺俬宫侔匷崦慔屻├ 憺九㈱儿嫽剝儿┓ 傚慷╦ 夼■ 懟彐兟揯⇑ 暨/暩搅ゴ徥扃壨咗㊧官她吟噱响冔�b)匊デ孳⇑伉懟彐夼匊丁嵙呈夼捨噤儩× ■ Gy╫ 嚦呀謺分異徥こ匷埆剝←怃刽謺傚夼■ 密└ ┆ 偯デ处謺⊡悊夼■ 謺忞囧喈傚夼剝她こ俱謺【ナ峎侔叹处謺—侧价■ 她ざ◑ 劉丁偁ダ劉謺屜处夏傝夼■ 勍丁墠她处墠揶搔謺危厖俍怜怆她怕嘐▾ ㊦吟噱謺【夼■ 峎侔劉ㄘ匹圍呻謺┳ナ屔丨┆ 偯兎ㄈ謺—侧傚夼■ 她啌藷▾ ㊦噤夔她ㄧ │ 刜謺伉勿墠慮媝┥ 搔徥 │夼■ 她德異列展揶搔謺竟扉┳ 夼■ 屔丨う卨⇑暨0暩【匊尉峎侔傚嵙呈夼妠デ姬忱扁懟彐╗ 徼謺伉捗憇嵙呈夼她㉿取慘淦暨彉回←刜嫽暩妠傚扁徿慮╝ 嬔㈱謺嫳┆ 呀挽偷㉿忞徼【慷嫀夼剝┓ 吡—憰她┳ 徥㈱伶謺┳ ╗ 咍俍傚掫忪嬝墠儩× め俍謺媞嘪夼■ ╗ 徼妠デ啌藷丁㊦呀咘壨巡墠她扇徥刜謺【夼■ 俬宫こ匷┼ 復処分謺家傝ナノ劻嵑俍壩囊┼ 剴謺嗺俏┓ 埲侣謺┓ 匊埠謺┓ 于戔謺壩囊惀傿徥二咕┆ 偯循滄刜謺┓ 峎慮╝ ㎜孽謺暩冶她懟彐慏⊡拿垳謺こ匷嵑俍処分⇑ 慄慮偳捻唤〕捗憇墠摛嗯勷夼嫳巡墠她噤夔叼哖謺阨撣歿尉噤夔她ざ処⇑└ 嗔kℓ呀謺慶徥cm夼■ 捗憇嵙呈夼她㉿取慘淦丁捨噤傚嬅謺—傼夼歿傚夼剝别剭她处墠⇑ 暨1暩務囆歿尉処┥ 勍偊伉她敻庬⇑ 屜処惡歿尉懟彐噓慄╫ 嚦謺傚ナ処┥ 勍偊伉她敻剂懟彐世怋謺㊦呀㉃墠兢┘ 宇嗓夼■┓ 刼冶她处墠彐┳ 吟噱捗憇嵙呈夼嫳丁┼ 岓夼嫳懿kℓ唗懿呖伉慏⊡ピ偊伉謺┓ 壨侩别劄謺俬宫こ匷┼ 復剝寋⇑傚嵙呈夼■ 勍阨丁咾她敻揶吳噱徼廖謺nA▾ 鬱┓ 宎�b)儽懟彐世怋謺时nmへkΩ忳夼■┓ 峎丁墠即性她剝儿⇑ 傚夼剝二⊡剝儿懟彐徼哑丁徼廖謺傚匊歿尉傚崦慔夬夼她┓ 徼丁ザ咘恶尤劉丁崦�ha�b)劉謺【嵙呈夼■ 峎侔扇吣

慘关婚♂偊峎弋謺┓ 吡敳㎳慷╦ 夼■ ┆ 俏吴凋伐懟彐儩× 壩囊謺扁┘ 徥こ匷处分挑录丁┼ 復⇑ 暨2暩┳ 嵙呈夼■ 阨丨抄咱她世怋丁处墠史匷謺惡嵙呈夼■ 懟彐╫ 铉呀謺幣侁徥こ匷脩揑謺▾ シ㉃ㄈ務勸⇑ 扃壨敳㎳←べradß轫尉冢傝嫽吟官謺嵙呈夼■ 峎侔怜丁处┥ 她兟勸▾ ㊦夬夼妠デ她┓ 嵑�c)关⇑扃壨╫ 铉她吟噱囆掃匊尉她搵庬謺寰徼ナ孺冞剝寋謺侈—夼匊傚勿墠■ Gy她ざ◑ 謺峎侔志匊尉媔哌┳ ㄩ她卻叵GHz揹噤夔⇑┳ 嵙呈夼■ 阨丨兎ㄈ勦仗傻冀恢◑ 劉謺【ナ伉咕壩┻ 兡ピ峎侔傍偏⇑▾ ㊦傍ㄈ勹ノ偠偕她恢◑ 謺慷唗峎侔咍俍均惋夼■ 她况僊劉⇑┳ ㄩ傚弋チ轫尉┥ ■ 屾孳壳怆壽密夼■ 謺慷唗nA▾ 【夼■ 掫呀懟彐世怋⇑

密└ 匊尉壨巡吟揖冢傝謺阨撣ナ刂 │刜⇑┳ 六吟揖傚嵙呈夼慷嫀夬夼懟彐噤夔慮媝┥ 兢噔咕噤圖她吟官謺臧峎慄慮巡堜—冱匊尉⊡ピシ瓮弋謺禁夔她吟官儿呖勲ㄖ憓愰冷夼砦謺恩シ慷嫀夼砦恶恢峎侔咍俍一傼咪⊡㉃ㄈ劉唲她啿塺謺峎咕叼傚劉唲┤ 扇刻儿捻♫謺—傼匊尉嗚└ 啿塺謺kΩ忳匊尉伉壨巡呀【壨吟噱謺扁┘ 慶徥噻劂妠デ揶搔丁 ╢ × 壨謺傚┛ 壨巡她呀挽▾ ㊦同扉┤ 唚勱卼謺┓ 峎丁墠┥ 吡咘壨巡堜她剝儿⇑二⊡cm匊尉捗憇咕デ噤夔吟唤咕nA峎♂偊伉她┓ 嵑�c)关暩志匊尉囹喈她姬憺吵兑壨巡她同扉▾ ㊦嗂同謺刂 │刜咕勍厖揮謺宫恞壨巡動峎毘澤劻ㄇ謺扁┘ 慶徥冱怫俏哖┓ 区埡循偯咘壨巡堜謺匊尉她夼剝♂憙圁丁墠剌爿謺襄崟♂丁墠劉唲嫽剝儿暩【匊尉峎侔傚咘巡丁吵兑壩囊家μℓ惀咾謺家μℓナ吵兑壩囊┼ 剴←× 刻呀挽嫽謺响冔咍二⊡她咘巡忏弓謺傚匊尉嗷吵咘壨她巡堜嫀孌←ㄓ扉←呀挽丁吟噱快寀ㄤ└ 丁咾謺A仆ナ┤ 唚啾鹵咕デ忏弓懟彐暩傚俬宫咘巡謺失堳咕吳呜号亂她■ Gy謺墠恞怜噱傚咘巡刂 │刜吃岡呖nA彐刜吟噱暩伉卻㉃噤夔咱挽謺俏哖丁墠┓ 嵑�c)关謺猛徥匊尉傚噤夔┤ 咕nA峎偊伉她┓ 嵑�c)关臹呖姁呶她剝儿懟彐╗ 徼謺傚失噤夔┻ nm峎侔劒劒屜㉃暩禁夔呀徥傚匊尉她掫忪儩× め俍謺击憰㉀墠丁侚墠挪搔謺娊こ噤夔叼哖⇑

/,1 寁忏偕吟噱

傚嵙呈夼■ 她悚吗懟彐傚嗺謺nA▾ 慱壨 QNQQ/7,. 寁忏偕腿● 徼哑謺 $x$ ¤ q▸ 彙她呖忏扉悚吗謺慄慮 r 啌摽謺暨# 暩▸ 彙她儿呖忏同悚吗謺儿慄慮 $v^0$ 啌摽謺徼哑慮婺┤ N暋. ,. 3 慷▸ 彙├ 宦她儳写刜二咕寁忏偕劂┻ ⇑

2 结果

0,/ 傚嗺 NQQG 忯乙

傚┛ 兟揯宦丁兑循宦匊尉她 NQQG忯乙懟彐傚嗺謺兟揯宦暨6,/2¤ /,3. 暩嗺兑循宦暨/2,03¤ /,0. 暩乙♫謺ナ儳写二咕寁忏偕劂┻ N暋. ,. 3⇑

0,0 傚嗺 QBQ丁 Q' Q 忯乙

傚嵙呈夼■ 懟彐勿墠ㄟ謺兑循宦丁兟揯宦她 Q' Q丁 QBQ忯乙傚嗺儳写刜噔咕寁忏偕劂┻ 暻懟彐勿墠┻ nm她 Q' Q└ QBQ忯乙懿徥嗺勿墠ㄟ她♫謺ナ傚嗺儳写刜咕寁忏偕劂┻ 謺N暋. ,. 3謺俏彙 /⇑

彙 / 傚嗺勢屘 QBQ丁 Q? Q 忯乙&乙*x ¤ q

| 宧ㄨ | Q? Q忯乙 | | QBQ 忯乙 | |
|---|---|---|---|---|
| | 勿墠ㄟ | 勿墠nm | 勿墠ㄟ | 勿墠nm |
| 兌循宧暨l ; 0. 暩 | 3/ ,12¤ 1,20 | 22,21¤ 0,31 | 30,50¤ 1,25 | 23,34¤ 0,51 |
| 兟揯宧暨l ; 0. 暩 | 30,03¤ 1,13 | 13,06¤ 0,5/ | 31,/ ¤ 0,51 | 11,/ 0¤ 2,0/ |
| R へ | / ,. 2/ | / 1,3/ 6 | . ,2. 6 | / 1,467 |
| N へ | <. ,. 3 | : . ,. 3 | <. ,. 3 | : . ,. 3 |

嚓暉( └ 咤宧勿墠ㄟ嗺慆謺N瞥. ,. 3⇑

0,1 傚嗺勿墠均劂奠

傚嵙呈夼▄ 甍彐勿墠慮媝┤ 謺兌循宧均劂奠 43# 徥嗺兟揯宧均劂奠她 73# 謺ナ儳写傚嗺咕寁忏偕劂┻ 謺N瞥. ,. 3謺俏彙 0⇑

彙 0 傚嗺勢屘勿墠均劂奠剝ル

| 宧ㄨ | 揓兌均劂暨〕暩 | 均劂暨〕暩 | ┆崹暨〕暩 | ┓均劂暨〕暩 | 勿墠均劂奠暨# 暩 |
|---|---|---|---|---|---|
| 兌循宧暨l ; 0. 暩 | / . | 1 | 3 | 0 | 43,. . |
| 兟揯宧暨l ; 0. 暩 | / 5 | 0 | / | . | 73,. . |
| V⁰ | + | + | + | + | 3,233 |
| n | + | + | + | + | : . ,. 3 |

3 讨论

伉┬ 六勿墠慮媝┤ 謺嵙呈夼她勼夼啿塺揓兌撣謺慷嫀夬夼憟兌懿呖壯╝ 劉唲嵙呈夼夼嫠勍傝崠⇑劉唲ㄖ慷嫀夼嫠┻ nm晏卻憤励勢屘▄ ⊡シ瓮ㄒ峎┓ 吡捻♫謺晏崟┤ 侮謺一侧╗ 勢屘劉唲GHz孌夬夼她搢摑⇑ 壯╝ 夼剝她㊉伶謺勢屘♂伶嗔偊伉孤婧丁処墠吤揖她挪搔謺▌ ♂凅中吵兑她攉囊謺夔♂傝崠勢屘吳噱弧夕婚♂冶┤ 謺傝崠攉囊恺扉憙圁┓ 捻⇑屙墇摘嗯伉┬ 六吤揖傚慷嫀夼嫠劉唲┳ 徥呖慱壨巡埬甍彐噤夔謺傚勢屘她夼剝甍彐瓟ㄹ謺号亂ナ┬ 六失堳⇑屙噤夔呀伶┳ 凑偊勢屘傚慷嫀夬夼姬忱她忒姬奠丁崨勃嬝墠峎ㄟ嗺慆♫謺兑兑♂傚ナ噤夔叼哖憤劤┆ 偯凅中⇑ 勍▾ 傚嵙呈夼▄ 甍彐噤夔勿墠慮媝┤ 謺專壨☞恺勿墠峎侺睉咍偊叼哖謺慷嫀勿墠咘┤儿呖响冔勿墠仳换謺阣撣勿墠仳换嗷♪劤Gy她寬㎌峎ㄟ暉扃壨冗僈ゃ丹吃岡丁処墠夏傝謺傚勢屘丁傻僊懅瀆㈱壟仆三壨巡她ㄧ │刜丁忒姬奠厒撣謺【勢屘峎侺咍┳ ㄩ成㎌┬ 六勿墠曤敷勢屘処墠冗僈扚傚刜兟揯謺【勢屘峎侺咍偊傚ピ処勍媔㊀她挪搔捗憇丅咾謺勿侒密└ 二⊡她冢傝丁兎ㄩ謺【ナ処墠㊀ㄟ澤ㄖ嶄寰暉咕叼傚勢屘勍偊伉她囆哌分奠甍彐号亂謺【ナ峎侺勾咕嵑偊処分媔哌揖傚▄ 攉⇑

剖┻ 謺傚勢咕嵙呈夼▄ Gy冗僈☞恺勿墠謺伉号亂ナ姃妮恺扉謺阣撣勢屘勿墠均劂奠她慮媝┤ 謺慶峎咕叼傚勢屘勍偊伉她┓ 嵑剝寋捻♫⇑

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