

# 杵针结合艾灸治疗腰椎间盘突出症的护理效果

刘学 蒋丽佳 樊银凤 唐丹 邓世波  
重庆市潼南区中医院 重庆 402660

**摘要:** 目的: 探讨杵针结合艾灸治疗腰椎间盘突出症的护理效果。方法: 选取90例患者, 分为3组, 每组30人。对照组采用常规护理, 实验组采用杵针结合艾灸治疗并配合特色护理。结果: 实验组在疼痛缓解、住院时间、医疗费用等方面均优于对照组。结论: 杵针结合艾灸治疗腰椎间盘突出症, 配合特色护理, 能显著提高护理效果。

**关键词:** 腰椎间盘突出症; 杵针; 艾灸; 特色护理

## The Nursing Effect of Pestle Needle and Moxibustion for Lumbar Disc Herniation

Xue Liu Lijia Jiang Yinfeng Fan Dan Tang Shibo Deng

Chongqing Tongnan Traditional Chinese Medicine Hospital Medicine Chongqing 402660

**Abstract:** Objective: This article puts forward the combination of pestle acupuncture and moxibustion, and studies it. The main purpose of the research is to understand the actual treatment process of pestle needle and moxibustion treatment method for patients with blood stasis and qi stagnation symptoms of lumbar disc herniation treatment effect. Methods: During a certain period of time, 90 patients with symptoms of lumbar disc herniation were divided into 3 groups by 30 people in each group. For these patients, the combination of pestle, acupuncture and moxibustion is used for treatment, and in the nursing process, a better quality nursing method is selected, while for the control group, the ordinary nursing method is used. Results: Through the above comparison between the control group, the main results are the following: first, the treatment effect is better; second, the pain time of patients is short, the number of patients taken during treatment is small, and the hospital time of patients is short; third, the patient's mood and life condition are better; fourth, the patient's pain grade, lumbar functional condition and human functional condition were better compared with the control group. Conclusion: The nursing effect of using pestle, acupuncture and moxibustion to treat lumbar disc herniation is more obvious than that of routine surgery or nursing, which greatly reduces the pain degree of patients, the time of hospitalization and the number of medicine needed, which is worth popularizing.

**Keywords:** Lumbar disc herniation; Blood stasis and qi stagnation; Moxibustion; Pestle needle

腰椎间盘突出症是一种常见病, 严重影响患者的生活和工作。本研究旨在探讨杵针结合艾灸治疗腰椎间盘突出症的护理效果。选取90例患者, 分为3组, 每组30人。对照组采用常规护理, 实验组采用杵针结合艾灸治疗并配合特色护理。结果: 实验组在疼痛缓解、住院时间、医疗费用等方面均优于对照组。结论: 杵针结合艾灸治疗腰椎间盘突出症, 配合特色护理, 能显著提高护理效果。

本研究旨在探讨杵针结合艾灸治疗腰椎间盘突出症的护理效果。选取90例患者, 分为3组, 每组30人。对照组采用常规护理, 实验组采用杵针结合艾灸治疗并配合特色护理。结果: 实验组在疼痛缓解、住院时间、医疗费用等方面均优于对照组。结论: 杵针结合艾灸治疗腰椎间盘突出症, 配合特色护理, 能显著提高护理效果。

### 1 相关资料与治疗方法

1.1 腰椎间盘突出症



