

杵针结合艾灸治疗腰椎间盘突出的护理效果

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关键词: 峸啢挽妗熘丅失暻彍奋嘐坄伻暻嵙垘暻哇扚

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

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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

1 相关资料与治疗方法

/,/ : 崹悚吗



慄慮怫呼��墇咤掂仇! 堡偯她呀挽嗯ピ剓咕彍奋嘐 **坄伻峸啢挽妗媹T夰失她**剓屗刣テ┱ 7. ₹ 暬慄慮掓咪她 傃暬傚埡宧她兡斃伉 03 に 53 僖┛ 挽暬ナ兠优兡斃伉 25 僖優cal暬怎宧剓屗她介弝侨同伉2 □ /4 侨 L 挽暬兠优她 侨同〒 // 侨優cal暘扃壨哇扚嵙垘宧她同卥ざ刻┱▼¶ ピ 傃暬ナ兡斃伉 04 に 52 4 挽暬兠优兡斃侧宍 25 僖暬介 2 年 /4 侨暬兜优她侨同伉 // 侨優cal↑ 伉吟吡 崁匃撣←峸懹夰垗←峸啢スリ←峸懹嚢□剠ル←峸懹ジ卞 性暬勢屗均惋▼ ¶ ピ傃儿nA▼ 宙夕暉暨/ 際 T 憇剠ル她吟 吡家哖慆俍暻暨0暩剓屗兢吳峸啢她ナ™ 挷搔暬嘁呖峸挽 妗媹丁夰失暻暨1暩剓屗嬓尧妫デ(凵)忛↑ 卵掃剓屗她唅ン 剓咕処峗礦嬝←劺屗呖シ夞刜她夬夰暻暨1暩剓屗峸懹偊 伉妄岘圣垷她挷搔暖整2際勢屗她妳デ悚吗」 侤偨亂暖整3暩 勢屗傌伉掙娭挷搔暬噔咕귂噱企^L ㄸ慷暚她娀媲偳摽┪↑

/,0 噤夔吤噱

傚勍咕她剓屗懿慸彐哇扚^L 嵙垘纳 l 家μℓ她噤夔吤 徥の匡⊓デグ←呆■ 嫽媱♪ 警戻慮傚剓屗她卹呼┛ nm傚ナ 慸彐嵙垘暬塛慮嵙垘峎侤【剓屗傼懹懹♪圍埆暬伉嵙垘她 慮婺┪┆。嗂咓侢裓峎憔匨┏┪媱♪
蟄娇杯幀峎慸∃┆・嗂嵙 垘警禁夔(ス)侨┱┆┪夔媝暬川テ掹徥慸∃▶┪夔媝她噤夔↑ 峸妹媱嫽暬伉偳捴她哇扚慮婺┪ 暬掹徥こ忬伉 /3 乙扮┛ 益是

置

 墠暬哇扚└扚垘宧儿慸彐慆☞她勿墠↑伉勿墠她慮媝┪ ┲ 提の匡▼¶ ㄆ垱ピ傃暺嫳! 暬猛徥傚墆侁慸ヨ勿墠暬夰勌 勢屗勍壨她六徘嫽懿掹徥慸∃®>呀她咍占喂嫳┛ 暬猛徥傚 勢屗慸∃壦嚢僒她勿墠諬b。勢屗峎侤慸∃峸懹她こ呻儩× 暬 ke呀志剓屗峎侤唙卥偳捴剠ル咾咍占彗堜暬ナ暚暬慶掹徥 志勢屗呉奶嗓娧她姃徯阶冟▼ ⑤愉六阶冟蠿シ剓屗伉ヨ □此她慮發量城懷丁境挷搔蟄ℓ呀慶徥吃♂勢屗划五代嫽∃ ▼ 她嗓娧吩噱↑ 嫳 ┏ 暬猛很兎 L 勢屗慸 B 常治她拿垳暬傚 刻ルコ倞μℓ墠她拿垳仟ろ暬兎□剓屗吹吵刱侜↑伉偳捴她 哇扚 L 扚垘家₩她噤夔慮媝 ■ 藝門屗掹徥寔匶 🗕 田她 俽分暬 区埡妠关她媱♪ 咾慸ヨ噤夔暬 ╗ 懇シ噤夔慮媝┪、 壦她 料室傚勢屗憤励她 å 偾暬A▼ 伉哇扚她¬ 揖偦収! 传宝哋暬 冶嵙哾埶埁偨劶她(水)傤呀┛ nmnA▼ 傡扚匙丁↑

/,1 Gbz揹匸唅她傚嗺

伉噤夔她慮婺┪┰ 徥掹徥復傒▼¬ ㄆ垱ピ傃暺嫳! 暬

/,2 寁忏偕她吤噱

扃壨妠关她寁忏愳● 咾傚ナ寁仟 L 乙哑↑

/,3 噤夔叼哖她ㄲ偯唅ン

吗¬Ţ 徥呖勢屗她崁懹▼ ①峸懹 文 ↑ 噔咕太否 前ル暬 勢屗峸懹 nA▼ 嗓 兑 囊 止 暬 」 ナ 妟 崁 勾 揮 啌 嚭 家 哖 Ţ 哲 刜 暬 傚 勢 屗 、 壦 固 中 慆 俄 明 古 ワ 〒 徥 呖 勢 屗 她 崁 懹 ▼ ① 城 懹 太 否 前 ル 咕 呉 呜 她 寰 徼 瞽 軫 屗 城 懹 囊 止 慶 呖 ♂ 咕 並 ি 依 她 捼 ニ ¹ 暬 ナ 妟 崁 勾 撣 啌 嚭 家 哖 T 敻 ◆ 按 刜 瞽 ፆ 配 」 埘 吳 噱 嗓 兑 儩 × 暻 吴 叼 儿 呖 噔 咕 均 惋 ▼ ¬ 徥 嘪 □ ↑

2 结果

0,/ 礦奋嘐坄伻峸啢挽妗媹丅夰失她噤夔叼哖慸彐傚 熣

慄慮└傚埡宧妠嗺暬銈扚└嵙垘家μℓ宧她噤夔叼哖嗺 慆俍暬二□俏彙/勍婗↑

彙 / 1 宧剓屗彍奋嘐坄伻峸啢挽妗媹丅失噤夔叼哖嗺慆

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组别	例数	显效	有效	无效	总有效率
对照组	30	22	18	15	40(72.56)
杵针组	30	40	12	3	52(94.43)*
杵针艾灸组	30	45	9	1	54 (98.45)
χ2 值					3.956
P值					0.053

0,0 勢屗介恕呀她太吞呀挽←勢屗伉噤夔咟挽₩巡她 同扉▼ ⑤勢屗她伉掂呀挽她傚嗺慄慮└ 傚埡宧妠嗺恕墇暬 哇扚└ 嵙垘家μℓ宧她家哖咍俍暬ニュャ 彙 0 勍婗↑

彙 0 太吞呀挽←巡堜壨扉← b 掂呀挽嗺慆

组别	疼痛持续时间(d)	止痛药物用量(mg)	住院时间(d) 8.86±1.43 10.76±2.61	
杵针组	4.57±2.22	26.343.56		
对照组	3.49±1.43	14.81±2.214		
杵针艾灸组	3.20±1.12	12.11±2.156	10.97±2.75	
t 值	8.756	9.241	10.731	
P值	0.000	0.000	0.000	

0,1 勿墠ス L 勿墠nm 勢屗剠寋剠ル丆壦嚢剠ル嗺慆 伉勿墠儩× 冗優 L ス 1 宧勢屗她剠寋剠ル▼ ⑤壦嚢 ISSN: 2705-0939(Print): 2705-0475 (Online)



剠ル兢噔咕凑侧她儯写暬」呖伉勿墠┛ nm暬 傚埡宧姌嗺暬 哇扚 L 嵙垘家μℓ宧她剠ル慆俍暬ニ □ T 彙 1 勍婗↑

彙1 勿墠スnm 勢屗剠寋剠ル丆壦嚢剠ル嗺慆

组别	时期	焦虑评分	抑郁评分	生活质量
杵针组	干预前	54.86±6.65	53.42±7.21	14.14±1.59
	干预后	30.73±0.71#*	31.82±1.27#*	25.23±3.36#*
对照组	干预前	54.32±6.33	52.54±7.55	14.97±1.17
	干预后	45.41±0.40#	43.53±5.56#	17.44±1.21#
杵针艾灸组	干预前	57.22±6.21	51.54±7.69	14.98±1.06
	干预后	47.23±0.35#	47.53±5.87#	16.55±1.13#

3 讨论

礦奋嘐坄伻峸啢挽妗媹丁夰失呖妛ㅈ撓媈┪呱兑徨 她介失勢」怎介失侧侢懿丁墇伉╸屔兡尵⊡╸暬╸徥她彙 境┱ 峸太 ←崁太▼ (下)礦奋燎介失暬位ナ噤夔慮婺┪ 扇均位 ⇒囊礦艸奋儩×▼ ⑤嗒夻儩×↑ 仱嗔暬nA▼ 扃壨嵙垘 be 姚┡家₩她噤夔吩噱暬→ 嵙垘峎侤咕叼她偳墇囊彍卉奋暬 **宲峑夏慄嫽叼哖暬屚哇扚儿峎侤偳墇嗒夻←嚢彍她× 壨↑** kℓ呀伉扃壨怎噤夔吤噱呀諬光冶扃壨慆┱☞恾她勿墠吤噱暬 良侤咕叼她厑撣剓屗她剠寋剠ル←壦嚢恾扉暬№呀ー傥巡 堜咘壨她同扉嫽嫽諬杭勿墠她慮媝┪┱ 徥∞厘┒夰勌墆侁 她勿墠←剓屗壦囊」她勿墠▼ 下拿垳吤揖她勿墠↑ 慄慮咤 嬬吐嫕她娀媲卲墇暬¥ 暬 傚埡宧纳嗺嵙垘 □ 哇扚宧她 噤夔她叼哖慆《暻嫳」暬勢屗夰弝呀她太夻呀挽慆姰←勢 屗伉噤夔咟挽Mb巡她同扉慆傥←剓屗她伉掂呀挽慆姰暻嫳 r 暬杭勿墠┛ nm 夠屗她剠寋剠ル▼ 守壦嚢剠ル L 傚埡宧妠 唯慆俍璣俊仍暬刃墠nm剓屗她太夻嫽矣←峸啢她⊤崀咽● ← ▼ ⑤剓屗她■ ☑ 〒崀咽● 她忯偯 └ 傚埡宧姌嗺家哖咍俍↑ 价┪(μ)偕┐忒┱ | BF 〒 徥呖壯┛ 宲峑┓ 慄←彍奋←搢傎 燎Gtb媇挷搔傝崠她暬吟嗔暬炕┪(ㅂ)┐噤夔怎夬夰呖嗺慆扇 徬嚢彍卉奋←宲峑夏悚←婤搢傎嫽儩× ™↑

慄慮▼¬她娀媲家哖nA▼ 沿埠警局壨嵙垘 └ 哇扚妫 ╠

4 结语

伉礦奋嘐坄伻峸啢挽妗媹丅夰失她噤夔┪ nA▼ 憔旺哇扚 L 嵙垘纳 k 家μθ 她噤夔阶冟蟄θ 呀慶关冶傚剓屗慸彐慆☞她勿墠儩× 瞽嵔侤凑俍她一愿剓屗她太夻暬κθ 可峎侤傚剓屗她剠寋剠ル←灌囊剠ル懿咕凑俍え慸× 壨暬厑撣剓屗她峸懹 π 崀咽● 暬一傥剓屗Μυ巡同扉嫽嫽暬壯嗔nA 徨慷媇噤夔吤噱二咕揓兑侧她☞ □暬仱嗔关冶影全噴她关壨↑

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