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儿科病房单人照护模式下照护者焦虑抑郁情绪调查

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【摘 要】：目的：╗ 微キ嫇夼勸㈱▄ 埡勿喤窅┐ 埡勿屘她埔庬勲懧堳儿㊦凅中伶學⇑ 方法：憔ᶢᵍ啊┌ 声└ 嫇㈢掂 2020 兡 11 咔 23 吵崟 2021 兡 1 咔 11 吵╝ キ嫗鱐mV夼勸叵噤夕掂她剳キ埡勿屘テ 273 ］┬ 娀媲傚恥罈扃壨┆ 崹悚吗怫呼彙⇐埔庬崕忯扉彙暨SAS暩⇐勲懧崕忯扉彙暨SDS暩傚ナ甍彐怫呼⇑ 结果：㈱▄ 埡勿喤窅┐ 埡勿屘她 SAS⇐SDS 忯ㄛㄛ┬ 暨38.56¤ 8.06暩ㄛ丁暨39.23¤ 7.93暩ㄛ罈优撣╝ ダ份兑喤嚶兟暨p瞥0.01暩⇑ ㈱伶學ㄛ哑家哖呜婗罈埡勿屘兡斃⇐吐卅媝巽⇐屻├ ⇐└ 剳屘デ孳⇐嫳┆ 嗂㈱堭埡勿⇐夬夼╗ 徼媝巽⇐剳屘兡斃⇐夬夼忴毗呖キ嫇夼勸㈱▄ 埡勿喤窅┐ 埡勿屘埔庬丁勲懧剝寋她テkℓ凅中伶學⇑ 结论：キ嫇夼勸㈱▄ 埡勿喤窅【剳キ埡勿屘丅墇┓ kℓ媝巽她処墠㉁ㄊ罈┬ 六搤扃ᶢᵍ┤ 刜卅扚傚刜処墠兟揯一愿埡勿屘埔庬㊦勲懧嫽剝寋罈厒撣剳屘她傲㈢⊡摽└ 均劂巽⇑

【关键词】：キ嫇暻埡勿暻埔庬暻勲懧暻凅中伶學

Anxiety & Depression Status and Influencing Factors of Caregivers with Single Person Care Mode in Pediatric Ward

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Abstract: Objective: To understand the anxiety and depression status and influencing factors of caregivers in single care mode in pediatric ward. Methods: A total of 273 children's caregivers admitted to the children's respiratory ward in a third-class special hospital from November 23, 2020 to January 11, 2021 were selected as the research objects. General information questionnaire, Self-rating Anxiety Scale (SAS) and Self-rating Depression Scale (SDS) were used to investigate them. Results: The SAS and SDS scores of caregivers in single care mode were (38.56 ± 8.06) and (39.23 ± 7.93) respectively, which were higher than the national norm level (P < 0.01). Univariate analysis showed that caregivers' age, education level, occupation, relationship with patients, first-time independent care, disease understanding, patient age, and disease diagnosis were the common influencing factors of caregivers' anxiety and depression under the single care mode in the pediatric ward. Conclusion: The single person care mode in pediatric ward makes the caregivers of children have different degrees of psychological pressure. Personalized and targeted psychological intervention is needed in clinic to reduce the anxiety and depression of caregivers and improve the medical experience and satisfaction of patients.

Keywords: Pediatric; Caregiver; Anxiety; Depression; Influencing factors

ᶟᶝ媚ᶜᵇᵒチテ㈦壩╚ ● 她ᵛᶠ凅中謽┬ こ忤夼勸剳屘偑ダ謽懇シ掂ピ╫ ㊥劉唲丁掂劉咁ᶜᵇᵒ謽━傀夼勸■ Gy嚦ㄴㄴ└ ㉧唲在卻徾搢搁謽帶偳ㄏ ┆ 剳┆ 掇勿ㄚ丁瓮剝捨卼兑分卅她徥嘪謽阿┌ 声└ 嫇㈢掂キ嫇夼勸匿寍偳ㄐ㈱▄ 掇勿ㄖ巽㊦挲嬰嬝墠⇑ ♩怎喤窅她偳否┆ 偯媝巽┐ ┬ 剳キ埡勿屘㊦傻冀克咾┓ う謽固中╗ 剳キ└ 埡勿屘她傲㈢⊡摽謽╗ 徼丁危厖ь掂剳キ埡勿屘伉掂咱挽処墠剝寋ᶟᶝ卅㈤ㄛ扙徥⇑怎娀媲慄慮傚仞儥侧偕㈦健嫳┘ ㈢掂僦キ鱐mV夼勸叵噤夕掂她剳キ埡勿屘甍ㄐ佢咤剝ル⇐埔庬丁勲懧剝寋她怫呼兢甍ㄐ ㄛ哑謽┬ 六㈢┤■ Gy啾鹵┤ ⊡扃ᶢᵍ扚傚刜処墠勿墠兟揯厒丨㊣展ㄖ鹵⇑

1 资料与方法

/,/ ┆ 崹悚吗

▼ 0.0. 兡 // 咔 01 吵崟 0.0/ 兡 / 咔 // 吵仞儥侧偕㈦健嫳┘ ㈢掂僦キ鱐mV嫇叵噤她 051 ］剳キ掇◇傻僊×┬ 娀媲傚恥謽┬┤ 佶刜 023 ］暨67,5# 曦甍刜 06 ］暨/.,1# 曦謽ナ┤ 剳キ嗶_ 00. ］暨51,6# 曦謽剳キ堇_ 06 ］暨7,2.# 曦謽ナ▥ デ孳_ 僊 03 ］暨6,2.# 曦嘂兡斃嶲佯 00|42 僖暨12,/4¤ 6,27暩僖暻吐卅媝巽凵┤ ㊦▼┐ 3 ］暨0,14# 暩謽撣┤ 3. ］暨01,4# 暩謽┗ 嫇 61 ］暨17,0# 曦謽陀嫇 50 ］暨11,7# 曦謽娟侒㊦▼┐ 0 ］暨.,72# 暩⇑

/,0 吤噱

怫呼儩二暺暨/暩┆ 崹悚吗怫呼彙暺慄慮呼捍妠デ吐塨ᶟᶝ壯娀媲屘崕彐忿忏謽ᵒᵒ匡埡勿屘她刜ㄖ⇐兡斃⇐吐卅媝巽⇐寀嚯嚶兟⇐屻├ 嫽佢咤堡凌⇑ 暨0暩埔庬崕忯扉彙暨Qcjd+p_rgl e ? l vgcrwQa_jc謽Q? Q暩ᶟᶝ⇑ 怎扉彙壯 XSLE 寶ㄖ謽Apmh `_af ʼq N 孳同 .,555謽ㄛ㈦孳同 .,535⇑ 怎扉彙テ 0.┤ 咽妛謽啾鹵┤ ⊡埔庬失堳丅墇她媝巽謽扃壨 2 宎

忯乙薈T /У 乙彙婗噔咕勃湊傥呀挽薈T 0У 乙彙婗咕呀俏嗔薈T 1У 乙彙婗寀兑俏嗔薈T 2У 乙彙婗剑呖俏嗔⇑ 0.┤ 咽妾剑澤乙┼ ▾ /,03 nm┳ 呱宫澤乙薈. |37 乙┳ 愿異埔庬薈4. |47 乙┳┤ 異埔庬薈暾47 乙┳ 扇異埔庬⇑ 暨1暩勲懧崨忯扉彙暨Qcjd+p_rgl e Bcnpcqpgmh Qa_jc薈QBQ暩⁸⁶⁽⇑ 怎扉彙壯 XSLE 寶ㄇ薈Apmh`_af'q N 孳同 . ,51⇑ 怎扉彙テ 0.┤ 咽妾薈壨⅃ 忯♠┤ ⊡勲懧剝寋媝異薈扃壨 2 宎忯乙薈ナ┤ 咽妾 0⇐3⇐4⇐//⇐/0⇐/2⇐/4|/6⇐0. ┳ ⁷⁄₁₁⁻cm忏乙⇑ 0.┤ 咽妾剑澤乙┼ ▾ /,03 nm┳ 呱宫澤乙薈3. |37 乙┳ 愿異勲懧薈4. |47 乙┳┤ 異勲懧薈暾47 乙┳ 扇異勲懧⇑

怫呼吤噱暉扃壨尚宾怫呼吤官薈⅃ ダ掂嫳┘ 侨毘澤娀媲傚恥姬剝kℓ劂nm勢庬掷㊡┘ 寔姹懟彐掷㊡佼ポ⇑咤嗂怫呼テ㋇叹掷㊡ 06/ ◢ 薈卵掃 / 〕屿壨埡勿屘薈1 〕怕禲┓慄屘薈0 〕北宿怫呼屘薈0 〕┓ ♂【壨勢姹思● 屘薈呱宫 纱叵咕叼掷㊡ 051 ◢ 薈咕叼纱叵塺 75,0#⇑

/,1 寁忏偕吤噱

扃壨 QNQQ00,. 思● 傚同鹵懟彐乙哑⇑ 忏扉悚吗扃壨优同¤ 啥ン儳彙婗薈忏同悚吗扃壨搏同丆奸乙嗺彙婗⇑ 宦挽忏扉悚吗嗺慆扃壨埣嬓唗咤ｒ啌摽薈1 宦㊦▾ ┐ 扃壨吤儳乙哑暻甫庬←勲懧剝寋妠テ剃扃壨 Nc_pqmh 妠デ剃乙哑薈凅中伶學扃壨㈱伶學吤儳乙哑薈n瞥. ,. 3┳ 儳写咕寁忏偕劂┻ ⇑

2 结果

0,/ キ嬋夼勸埡勿屘埔庬←勲懧剝寋怫呼家哖

テ宙タ 051 〕娀媲傚恥薈埔庬忯乙 03|4暨16,34¤ 6,. 4暩乙薈忯乙“ 3. 乙 15 〕薈埔庬啌丅塺 /1,4# 薈ナ┤ 愿異埔庬 14 〕薈┤ 異埔庬 / 〕⇑ 勲懧忯乙 03|43暨17,01¤ 5,71暩乙薈忯乙“ 3. 乙 11 〕薈啌丅塺 /0,/#薈ナ┤ 愿異勲懧 1. 〕薈┤ 異勲懧 1 〕⇑

0,0 キ嬋夼勸埡勿屘埔庬←勲懧剝寋怫呼家哖└ ダ份兑喤嗺慆

└ ダ份兑喤嗺慆薈キ嬋夼勸埡勿屘埔庬丆勲懧忯乙优撣⅃ ダ份兑喤忯乙薈儳写咕寁忏偕劂┻ 暨n瞥. ,. /暩薈怏徨彙 /⇑

彙 / キ嬋夼勸埡勿屘埔庬勲懧剝ル└ ダ份兑喤嗺慆

暨 $\bar{x} \pm s$ 暩

伶偠	兑喤	怫呼家哖	*r*	*n*
Q? Q	07,6¤ 7,1⁸⁶[	16,34¤ 6,. 4	/5,73	瞥. ,. /
QBQ	11,4¤ 6,5⁸⁰[	17,01¤ 5,71	//,51	瞥. ,. /

0,1 キ嬋夼勸埡勿屘 Q? Q丆 QBQ她妠デ剃

Nc_pqmh 妠デ剃乙哑家哖呜婗薈Q? Q忯乙└ QBQ忯乙妠デ孳同 p . ,620薈偊伉撣異嗓妠デ薈(有)埔庬媝異惄┤ 扇薈勲懧媝異惄┤ 扇曝⁻┻ 勲懧媝異惄┤ 扇薈埔庬媝異惄┤ 扇⇑

3 讨论

揖傚媚㋇ヂテ(七)攉└ ● 她关刚中关薈㈠)掂キ嬋夼勸区埡⇖ 嬋偷掇勿■ Gy-卹徬屘妒嚭嬝墠ㄇ異⇗薈傚叵噤タ掂她剳キ埡勿屘偳彐㈱■ 掇勿ㄇ異㊦夼勸挲嬰嬝墠⇑㈱■ 埡勿喤官冗僈凵咱薈伉㈤┤■ Gy她徼廖└ 怜呉┐ 澤ㄷ┐ 剳屘傻僊◆ 她墠徼└ 成μℓ薈兢澤ㄷ┐ 咕叼偳否薈一傥┐ 夼勸■ Gy嚦ㄩ嬝墠㉃ㄊ暻 怎喤官偳彐咱挽┆ 偯媝異┐ 凅中┐ 剳キ㊦傻僊她傲㈤⊡摽薈㈤一┐ 埡勿屘她埡勿㉃ㄊ薈へ一┐ 瓮剝崩忿她孤婧㉃ㄊ ←剳キ夼剝ｾﾝ㓞呀她吳ㄩ劉薈懹乙埡勿屘丁墇┐ 孺冞 ←噞┤ ←埔庬嫽恶刜剝寋薈壤崟丁墇┐ kℓ夼偷她恶刜剝寋 取⁸⁶[⇑ 咤嗂怫呼家哖呜婗㈱■ 埡勿喤官┐ 剳キ埡勿屘、 攉┐ ┐ kℓ媝異她埔庬丆勲懧剝寋薈埔庬啌丅塺 /1,4# 薈ナ┤ 愿異埔庬 14 〕薈┤ 異埔庬 / 〕暻勲懧啌丅塺 /0,/#薈ナ┤ 愿異勲懧 1. 〕薈┤ 異勲懧 1 〕暻Q? Q丆 QBQ忯乙乙ㄩ┳ 暨16,34¤ 6,. 4暩丆暨17,01¤ 5,71暩乙薈优撣⅃ ダ份兑喤嚶挑暨n瞥. ,. /暩⇑

デ⅃ 埔庬←勲懧剝寋她凅中伶學薈怫呼家哖呜婗薈埡勿屘兡斃←吐㓞媝異←屻├ ←└ 剳屘デ孳←嫳┆ 嗂㈱埣埡勿←傚夬夼┐ 徼媝異←剳屘兡斃←夬夼怜吡呖キ嬋夼勸㈱■ 埡勿喤官┐ 埡勿屘丅墇埔庬丆勲懧剝寋她テkℓ凅中伶學薈hA峎└ 埡勿屘攉囊捍㊤←埡勿寀摽丆婚♂史匷媝異咕デ⇑ 嗔俠薈埡勿屘丅墇埔庬剝寋慶丆埡勿屘剃ㄩ咕デ薈偕剃埡勿屘嗺壳剃埡勿屘埔庬媝異哈┤ 扇暻勲懧剝寋丆傻冀寀嚯堳ル咕デ⇑

壯⅃ 剳キ兡斃俶薈夼剝㋇優击薈ｂ掂咱挽丅墇夼剝ｾﾝ㓞号ｾﾝ怜夔吤唤薈埡勿屘剝└ ナ▥ 妒勿■ 忖忿リ偯呀薈㈱■ 埡勿喤官捭娭┐ 埡勿屘└ 傻冀劤Gy她㊦呀←咕叼噓慄薈傝崠埡勿屘丅墇埔庬←孺冞←剛 ⅄ 嫽剝寋薈扁恶剃剝寋她丅墇薈【噓慄咍一剝寋㓞⇑ 咕娀媲匚丅薈キ嫗伶┳ 剳夼ｂ掂薈傻冀傚キ嫗伉禲彐吤揖♂丅墇慮異ㅇㅇ傃薈一傥┐ 傚剳キ彐┳ 她宍咻薈【澤剳キ恶刜彐┳ 冱㓞㉄薈懟┆ 嗕凅中┐ 傻冀她噓慄峎ㄉ⁸⁷[⇑

咤嗂怫呼家哖┤ 薈ｂ掂剳キ兡斃(ㅁ)挽┳ /|4咔斃咕/01 〕暨23,/#暩薈ナ┤ 60,7# 她埡勿屘┳ 嗶_ 薈77,. #她嗶_ 嫳┆ 嗂㈱埣埡勿剳キ薈33,1# 她剳キ咕吴凋ｂ掂kA⇑ 壯⅃ 吣勘嗶_ 她德嵒愰占┐ 憵关薈埡勿姬忱嘁尔薈懹乙嗶_、 nm咢偨ダ刱侑薈伉揖傚剳キ她GHz嫊搵嘪㊦乃捂呀呜澤勘惋吳卿薈務屮┐ 吣勘嗶_ 她崨ざ処薈丅墇崨勃kPa偯薈kℓ呀傚剳キ她夬夼㋇攉、 攉恶尤劉薈數噤夔㊦揯nm慮異孺冞└ 匍処薈一扇┐ 埔庬丆勲懧嫽恶刜剝寋薈兢掍夕剌刜瀆墆⇑ 伉咤嗂怫呼┤ 薈50,/#她剳キ┳ 嗶┐ 龜ノ勃囤μℓ龜ノ薈扁娀媲彙吳埔庬丆勲懧嫽恶刜剝寋♂晏卻傝崠嗶_ 噭┐ 扉┐ 捻薈凅中嗶┐ 恺扉薈傚剳キ她帨ノ厹夕、 攉┓ └凅中薈へ一┐ ｂ掂咱挽壯⅃ 夼勸墆侁忿否嫽侠壼伶學薈嗶_ 姃妮恺扉丆帨ノ史匷ｾﾝㄷ凅中薈乇┐ 媔哌刜┐ 捻薈嗶┐ 龜ノ嗂同一傥薈凅中嗶_ 処嗶剝寋ｾﾝ㓞⇑

掫妻⅃ 偖叭嬅她冗叹薈ｄ 掂咱挽┓ 峎㊦呀埡搵ㄩナ▥ 偠偕勃傻冀劤Gy薈hA峎♂凅中埡勿屘丅墇埔庬←勲懧嫽剝寋⇑ 咤嗂怫呼家哖 35,1# 她傻冀┳ ⅃ 偖傻冀薈♩ 剳キ呖kPa

┳ 埴壩偃佶┓ × ┳ 埡勿尉丁墇埔庬丿勲懧剞寋她凅中伶學暨n暾. ,. 3暩謺nA峎└ 傻冀婚♂史匷媝奠妠デ謺▒ nmnA卹媲傻冀婚♂史匷媝奠傚キ嬋埡勿尉処墠剞寋ᵗᶜᶰ艸她凅中⇑

妠デ娀媲ᵍᶻ墇謺埡勿尉她処墠剞寋ᵗᶜᶰ艸♂晏卻凅中歿キ傚噤夔她ㅣ │刜丿夼剞她ᵍᶻ僈揯nm謺 ┳ キ嬋勿墠■ Gy┓ ▌徥デ噻歿キ她吵兑忴夔└ 夬夼愰况謺怡徥傚恨◑ ㄹ勿墠丿丅 ▼ 傻冀┳ ┤ 処У 她勿墠墠凿妠家μℓ謺デ噻歿キ傻冀她■ 吐猛嘪丿傻冀婚♂史匷媝奠⇑ へ澤噻劂她呖謺咤嗂怫呼寁┆ ╝ 夕掂嫳┘ 侨甍彐謺埡勿尉侚╝ 剞寋关坅凵咱謺怫呼家哖呜婗埡勿尉埔庬⇐勲懧忯乙撣╝ ダ份兑喤謺♩▌ 嬈呼丅 / 〕暨. ,. . 2# 暩┤ 奠埔庬丿 1 〕暨. ,. / # 暩┤ 奠勲懧埡勿尉謺睡忯扉彙嬈呼家哖▌ ᵃᵣ⁻吞╖ 冶┓ 埡勿尉她剞寋ᵃᵣ⁻关謺丨┳ 六㈥┤■ Gy× ┳ 扃ᵍᶻᵇ兟揯卿否她㊣展ㅣ鹵謺┓ 峎怜呉埡勿尉偊伉妠デ処墠挪搔⇑

咤嗂怫呼家哖ᵍᶻ墇㈱■ 埡勿喤官┓ キ嫗 ƀ掂埡勿尉丅墇┓ kℓ媝奠她処墠㉠ㄱ謺┳ 六猛扃ᵍᶻᵇ扚傚剃処墠兟揯一愿埡勿尉她埔庬㊦勲懧嫽剞寋她、 壩謺阤㈤歿キ└ 埡勿尉她傲㈥⊡摽└ 均劂奠⇑

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