临床医学研究: 2022 年 4 卷 8 期
ISSN: 2705-0939(Print); 2705-0475 (Online)

个性化心理干预对儿童静脉输液疼痛感知和依从性的影响

刘　蓉
泗阳康达医院儿科　江苏　宿迁　223700

【摘　要】：目的：復傒伉キ嫗揑峉慔回┤ 关壨┤ 刜卄処墠兟揯傚ナ太央劉姬丆ㄧ │刜她凅中⇑ 方法：堡嬈憔 2020 兡 10 咔 1 吵-2021 兡 9 咔 30 吵咽挽謺伉勃掂偳否忴夔她キ嫗毄尉 55 〕宙夕咤嗂娀媲⇑ 兢▾ 历摞偠吤窅× ┳ 乙宦啥ン謺傚ナ乙励㊣埡宦暨23 〕暩丆娀媲宦暨22 〕暩謺密┺ ㊣埡宦毄キ偳否兑循勿墠喤窅謺密┺ 娀媲宦毄キ伉嗔佢娘┐ 謺偳否┤ 刜卄処墠兟揯喤窅⇑ 復傒┣ 宦毄キ她勿墠夔叼謺兢甍彐嗺傚丆乙哑⇑ 结果：▾ 毄キ太央乙宎德鼻傚嗺⇑ 娀媲宦 0 宎└ ㄅl 宎嗺塺哈撣謺乙ㄨ┳ 暨36.36%暩丆暨40.91%暩謺ь 宎丆∋ 宎嗺塺哈♫謺乙ㄨ┳ 暨18.18%暩丆暨4.55%暩暻ㄧ │刜丆均劂鼻傚嗺謺娀媲宦嗺塺哈撣暨95.45%暩謺均劂鼻┳ 暨95.45%暩⇑ 结论：伉キ嫗揑峉慔回慮婺┤ 謺μℓ墠关壨┤ 刜卄処墠兟揯她叼哖墠剝謺峎侘┳ 毄キ伉一愿央劉她kℓ呀謺志ナ傚(ㄖ)勿儩× 咍—成μℓ謺兢【傻捯哈┳ 均劂⇑

【关键词】：┤ 刜卄処墠兟揯暻キ嫗揑峉慔回暻太央劉姬暻ㄧ │刜暻均劂鼻

Effect of Personalized Psychological Intervention on Children's Pain Perception and Compliance with Intravenous Infusion

Rong Liu

Siyang Kangda Hospital Pediatrics Jiangsu Suqian 223700

Abstract: Objective: To observe the effect of personalized psychological intervention on pain perception and compliance in children undergoing intravenous infusion. Methods: 55 child patients who were diagnosed and treated in our hospital from October 1, 2020 to September 30, 2021 were selected for this study. Taking the dice rolling method as the grouping standard, they were divided into the reference group (23 cases) and the study group (22 cases). The children in the reference group were given routine nursing mode, and the children in the study group were given personalized psychological intervention mode on this basis. The nursing effects of the two groups were observed, compared and analyzed. Results: The pain grades of children were compared. In the study group, the ratio of grade 0 and grade I was higher (36.36% and 40.91% respectively), and the ratio of grade II and grade III was lower (18.18% and 4.55% respectively); Compared with compliance and satisfaction, the study group had a higher rate (95.45%) and satisfaction (95.45%). Conclusion: In the process of intravenous infusion in children, the effect of reasonable application of personalized psychological intervention is ideal, which can reduce the pain for children, make them more cooperate with the medical work, and make parents more satisfied.

Keywords: Personalized psychological intervention; Intravenous infusion in children; Pain perception; Compliance; Satisfaction

伉┬ 六噤夔┤ 謺揑峉慔回她【壨搏歷㊦关壨嶈佯慆全謺┣ 呖┆ 嫊佢咤噤夔吤噱謺キ嬋噤夔┤ ┣ 慆┳ 兑徨⇑ 扚傚キ嬋勿墠■ Gy屙禲謺┳ 毄キ偳否揑峉慔回呖┆ 揹屈供她↵┘ 搵徥埯宦危厖她佢咤勴峎⇑ ♩咕怫呼家哖呜婗謺ㄖ)勿■ Gy伉┳ 毄キ偳否揑峉慔回她偳摠叡× ┤ 謺蓁呋ㄘ匹侠壼匊崨憢嫽怠俑伶學凅中屙丅墇侮怗謺▾ 峉冢惀毄キ傻抄┓ 均謺┤ 扇慶nA峎ㄉ罒壩╙ 募⇑ 媲ナ㊀伶謺┳ 徥呖壯┚ キ嫗毄尉彉嬝慆寀┓ 傃呋叡× 謺へ—┐ 毄キ兡斃慆儀謺傚(ㄖ)掂丆噤夔咕┆ 嫊侨壩她别剭劉謺咍呖密媷ㄷㄝ儩× 克咾慆侧採鼻謺仱嗔謺伉キ嫗慔回慮婺┤ 謺俏⊡囆掃ナ処墠┓ 憵謺【ナ傚(ㄖ)勿儩× 咍—成μℓ謺呖勿墠儩× 她摓徥◑ ┘ˇ[⇑ 咕娀媲彙呉謺伉キ嫗慔回勿墠┤ 謺仱┳ 兡斃慆儀毄キ她墠徼峎ㄊ慆儳謺傃呋剝寋卄謺┚ 傚┆ ╥ 搵嘪㊦劉ㄘˇ吳噱嗓娊彙悻謺kℓ呀謺ナ傚央劉她勤ㄘˇ峎ㄊ妠傚慆冯謺劝屙謺μℓ墠关壨┤ 刜卄処墠兟揯㈤乙屈徥⇑┆ 吤揖峎侘【毄キ摇ㄴ卻ㄘˇ噤夔謺ㄔㄏ┆ 吤揖慶峎戙(ㄷ)勿墠恺扉丆儩× 叼塺⇑咤嗂娀媲┳ 徥傚┤ 刜卄処墠兟揯伉キ嫗揑峉慔回┤ 傚太央劉姬丆ㄧ │刜她凅中偳否卹忖謺快剝俏┐ 暺

1 资料与方法

/,/ ┆ 崹悚吗

咤嗂娀媲▾ 0. 0. 兡 /. 咔 / 吵+0. 0/ 兡 7 咔 1. 吵咽挽謺伉勃掂懟彐忴夔她キ嫗毄尉 43 〕× ┳ ㊣└ 傚恥⇑ ▾ 历摞偠吤窅× ┳ 乙宦啥ン謺傚ナ乙励㊣埡宦丆娀媲宦⇑㊣埡宦 01 〕毄キ┤ ㄅㄅradㄣ壳嫗 /2 〕謺倍嫗 7 〕謺兡斃伉 0,3 log僖▾ ┐ 謺3,3 log僖▾ ┐ 謺兟优┳ 暨2,/3¤ /,0/ 暩僖謺毄夼變伻謺鱀mV孳寁 6 〕⇐岬岕憺 7 〕謺ナ▥ 4 〕暻娀媲宦 00 〕毄キ┤ ㄅㄅradㄣ壳嫗 /0 〕謺倍嫗 /. 〕謺兡斃伉 0,3 log僖▾ ┐ 謺4,. log僖▾ ┐ 謺兟优┳ 暨2,02¤ /,11暩喜謺毄夼變伻謺鱀mV孳寁 5 〕⇐岬岕憺 6 〕謺ナ▥ 6 〕⇑

/,0 吤噱

密└ ㊣埡宦匊ヰ偳否兑循勿墠喤巨虀o匡墆侁←模回⇐搀搫㊦┣ 剴嫽偁吤揖寬μℓ勿墠⇑密└ 娀媲宦伉嗔佢娘┐ 偳否┤ 刜艸処墠兟揯虀二⊡俏┐ 暉暨/暩墆侁号亂暺倚慔回偷墆侁 │ 㑹寁堳分号ﾋﾝ┳ 暩μℓ凶ヰ処墠她墆侁虀肖瀆墆取叹凶ヰ劉卜惉她徬搏←伉來侍彙揖悊┐ ㈜)慄■ 堜她佢堎嫽⇑ ﾞ┘ 凶ヰ包勷ｱ慆冯虀慶徥噻劂慔回偷徥偯咱咬弗囆砻⇐掫呀囹墠(七)攉虀懇シ丁墇へ嗂劉唲嫽剝儿⇑ 暨0暩忒姬兟揯暉—冱剪ヰ└ 傻抄傚慔回噤夔她忒姬兟揯虀俏兑忱刜姬忱←搔噻劂㊦傣呋ｶﾛ攉她挪搔嫽虀oo匡垄回←峽扚←伙彉嫽虀【ナ哈┳ 成μℓ虀兢傚┐ 嵑└ ● 厖撣忌剥刜ﾘﾛ⇑ 侧懹乙剪ヰ傚慔回噤夔懿咕別剭軌勷北処墠虀伶嗔虀媷ﾛﾋ ㄨ勿墠■ Gy关ゴ└ ▾ 処墠勹劗⇑ 兢伉傻抄她成μℓ┐ 虀愿徾剪ヰ她儀勓←儀岢虀囆掃ナ┐ 嵑処墠兢侈—ナざ◑ 劉虀▾ シ伉慔回咱挽丁墇乃捂←垂愝嫽剝寋ﾍｱ关⇑ 扚傚┤ ﾚ傚慔回噤夔、攉┤ 扇包徾ヨ┳ 她剪ヰ虀鍉▾ 圍哖她分異┳ ナ屜処忞徼慔回她妍侚虀僥扉关壨ヰ嫗呋卻ﾋﾝ她怕徿丁ﾙﾚ× 虀【ナ憙圁囆掃勷北処墠虀傚(ﾛ)勿儩× 咍—成μℓﾘﾛ⇑ 暨1暩—冱儹徬暉勿墠■ Gy徥掫呀デ噻慔回偷剝儿兢侈—儹徬嗂同虀嶙ｶﾛ墇咕峽扚軌垄回嫽写兑剝儿虀猛摠┐ 愻ヨ妠デ侚墠⇑ 慶徥kΩ姬傻抄偵乙デ噻剪ヰ慔回咱挽她慡⊡ﾋﾝ┻虀 吶ｶﾛ墇剝儿┐ 傚虀嬓(有)慄姬(ﾛ)勿■ Gy⇑ 暨2暩剝劉兟揯暉▾ 剪ヰ夼剝←慔⊡㊦处墠嫽偳捻剝儿┳ ㇀鹵虀┳ ナめ俍扚傚刜兟揯吟唤⇑兛呀偁└ 剪ヰ愻ヨ怕徿←崗⊡ﾙﾚ× 嫽吟揖她噓慄虀▾ ぇ愻剪ヰ傚墆侁她慘关峎ｱ㊦傚慔回噤夔她忒姬異虀 厖揮ナ㇀ │刜ﾘﾛ⇑ 冶剪ヰ伉慔回咱挽咕愻嗕彙墇呀虀关慄慮怕徿←ﾙﾚ× 勃儀安蓯嫽吟巨傚ナ愻ヨ彙勣虀【ナ劉ﾋﾝﾋﾋ成μℓ噤夔她妍侚⇑扚傚墠徼└ 彙悻峎ｱ慆冱┘ 成μℓ異慆揮她剪ヰ虀nA伉ナ成μℓ噤夔她kℓ呀虀傚ナ偳否慘冶她彙勣└ 敳㎜暩扚傚孺冞处墠慆┳ ┤ 扇┘ 成μℓ異慆儳她剪ヰ虀勿墠■ Gy伉╫ 嚦┤ 徥噻劂怕徿丁分異她勱厖虀多—剪ヰざ◑ 異㊦偑ダ劉虀吸伉【剪ヰ咍—成μℓ(ﾛ)勿儩× ⇑ 暨3暩愰媗噻劂ｱ暉伉媷ﾛﾋ慮媝┤ 虀nA┳ 剪ヰ忞┆ ╥ 劉卜惉她怆搔▾ 愰媗ナ噻劂ｱ⇑ 媷ﾛﾋ偨励虀关嫳┆ 呀挽┳ 剪ヰ埐悱虀▾ 均惋ナ処墠猛嘪虀▾ うnm寍噤夔她成μℓ異咍揮ﾘﾛ⇑ 慔回┤ 虀伉┳ ナ取叹劉卜惉徬搏她kℓ呀虀┣ 徥┐ 呀密└ 彙勣丁敳㎜虀▾ 侈—剪ヰ她屜処虀【ナ摇ㄴ偨励慔回噤夔⇑

/,1 復傒匸唅

忯偯┣ 宦剪ヰ她太央媝異暉 DJ ? AA 扉彙× ┳ 唅ン虀テ乙 2┤ 宍ﾚｽ虀宍ﾚｽ惄揮虀▸ 彙剪ヰ太央劉惄冱⇑

忯偯┣ 宦剪ヰ傚(ﾛ)勿儩× 她ㄧ │剜暉嵑俍暉垠峚慔回咱挽虀剪ヰ咢彙墇丁乃捂←ｱﾙ勷ヨ┳ 虀┘ 揓兑媔哌成μℓ勿侒媷ﾛﾋ虀慔回慮媝摇ㄴ⇑ ┆ 崹暉揑峚慔回咱挽虀剪ヰ庹埘┣ 湊別剭虀┘ 慄慮勿侒㊦偻抄她敳㎜怜咘nm虀峎侺成μℓ媷ﾛﾋ虀慔回慮媝摇ㄴ⇑ 慆儳暉揑峚慔回咱挽虀剪ヰ包徾剝寋慆侧虀乃捂←ｱﾙ勷ﾙﾚ× 慆┳ 呉呜虀嘁峎伉勿侒└ 偻抄她テkℓ兟揮┐ 虀動ﾊ冱澤▾ 摇ㄴ媷ﾛﾋ⇑

寁忏┣ 宦剪ヰ偻抄均劂異虀乙┳ 揓兑均劂←佢咤均劂丁┓ 均劂┏┤ 宍ﾚｽ虀剖均劂異; 暨揓兑均劂) 佢咤均劂暩-剖〕同(/ . . # ⇑

/,2 寁忏偕吤噱

傚咤嗂娀媲勍叵揚她同鹵甍彐嘬剖nm虀慱壨 QNQQ01,. 煺● 傚同鹵└ ▾ 乙哑虀忏扉悚吗壨暨 ̄v¤ q暩彙婗虀彐 r 啌摽暻忏同悚吗壨曛〕暨# 暩曝彙婗虀彐: ⁰啌摽⇑ ▾ N 暩. ,. 3 彙婗咤嗂娀媲咕寁忏偕劂┗ ⇑

2 结果

0,/ 傚嗺┣ 宦剪ヰ太央劉姬剝儿

┓ kℓ勿墠喤巨兟揯┓ 虀娀媲宦剪ヰ . 宍└ ﾊl 宍太央嗺塺咍揮虀乙ﾚｽ┳ 14,14# 暨6 〕暩丁 2. ,7/ # 暨7 〕暩ﾇ 宍└ ∋ 宍嗺塺咍♫虀乙ﾚｽ┳ / 6,/ 6#暨2 〕暩丁 2,33#暨/ 〕曖虀暨N暩. ,. 3暩虀快徨彙 /⇑

彙 / 傚嗺┣ 宦剪ヰ太央劉姬剝儿Y〕暨# 暩[

宦ﾚｽ	〕同	. 宍	ﾊl 宍	ﾇ 宍	∋ 宍
㊣埡宦	01	0暨6,47暩	1暨/ 1,. 2暩	/ 0暨30,/ 5暩	4暨04,. 7暩
娀媲宦	00	6暨14,14暩	7暨2. ,7/ 暩	2暨/ 6,/ 6暩	/ 暨2,33暩
: ⁰へ		2,76.	2,242	3,45.	1,750
Nへ		. ,. 03	. ,. 12	. ,. / 5	. ,. 24

0,0 傚嗺┣ 宦剪ヰ傚(ﾛ)勿儩× 她ㄧ │剜

㊣埡宦剪ヰ她ㄧ │剜┳ 51,7/ # 暨/ 5 〕暩虀娀媲宦她ㄧ │剜┳ 73,23# 暨0/ 〕暩虀┣ 宦妠嗺虀娀媲宦剪ヰ ㄧ │剜啌揮虀暨N暩. ,. 3暩虀快徨彙 0⇑

彙 0 傚嗺┣ 宦剪ヰ傚(ﾛ)勿儩× 她ㄧ │剜Y〕暨# 暩[

宦ﾚｽ	〕同	嵑俍	┆ 崹	慆儳	ㄧ │剜
㊣埡宦	01	5 暨1. ,21暩	/ . 暨21,26暩	4 暨04,. 7暩	/ 5 暨51,7/ 暩
娀媲宦	00	/ 2 暨41,42暩	5 暨1/ ,60暩	/ 暨2,33暩	0/ 暨73,23暩
: ⁰へ		+	+	+	1,750
Nへ		+	+	+	. ,. 24

0,1 傚嗺┣ 宦剪ヰ慔回咱挽她傻抄均劂異

㊣埡宦傻抄均劂異┳ 47,35# 暨/ 4 〕暩虀娀媲宦┳ 73,23# 暨0/ 〕暩虀┣ 宦妠嗺虀娀媲宦毘澤傻抄她均劂異咍揮虀暨N暩. ,. 3暩虀快徨彙 1⇑

彙 1 傚嗺┣ 宦剪ヰ傻抄均劂異Y〕暨# 暩[

宦ﾚｽ	〕同	揓兑均劂	佢咤均劂	┓ 均劂	剖均劂異
㊣埡宦	01	6暨12,56暩	6暨12,56暩	暨1. ,21暩	/ 暨47,35暩

娀媲宦	00	/3暨46,/6暩	4暨05,05暩	/暨2,33暩	0暨73,23暩
⁰ ⁚ へ		+	+	+	3,/34
Nへ		+	+	+	.,.01

3 讨论

壯╝ 丰嫗馗⊡愎⊡GHz吤揖懿咢崀⁷⁸岡偨ダ謺 処墠動⁹⁺崀冂慆冯謺修吳噱怫嵛崕愎剞寋⇑ 傮ナ呖揖傚夬夼丁慔回噤夔呀謺ナ包徾⇐别剭嫽処墠堳分哈┳ 冱垹謺伶嗔侧偁同亾丰伉㈥)掂卻⁹⁺忴夔呀謺懿♂ 丅墇┓ kℓ媝異她勷北処墠勃彐┳ 謺┓▌ 密㈥)勿儩× 克咾┆ 偯价採謺┣ 密務丰処墠克咾媝異┓ ┆ 她♗偾⇑ 咕娀媲彙吳謺伉務丰懘彐慔回噤夔咽挽謺密┺ ナ憬冶她処墠勹劗謺崀偓┳ ナ寰徼傚噤夔她別剭劉謺【ナ傚㈥)勿儩× 咍—成μℓ謺慶崀伉啊╦ 媝異┐ 一愿揑峚慔回慮媝┤ 她太夼劉謺勛▾ ┤ 刜卄処墠牲揯㈦)乙屈徥⁸⁴⇑ 嗔牲揯喤巨┳ 徥懅瀆処墠偕墠忿謺┳ 務丰僈冗孳寁刜她処墠牲揯謺┳ ナ寰徼別剭㊦太夼她kℓ呀謺侈—ナ傚㈥)勿儩× 她刂 │刜謺 │扁ぇ【勿墠恺扉└ 噤夔叼哖澤ㄈ咕叼厊㈢)⇑ 搿ゴ謺勿墠■ Gy搤┳ 務丰厊丨二咕丰嫗堡垍她墆侁謺▾ 嗔一愿ナ傚捺攉墆侁她別剭劉⇑ 兢—冱慔回偷她吵兑囹嚌⇐ 咬聿囆砮嫽儩× 聾恩シ務丰丅墇へ嗂夼聿劉唲剝儿⇑ナ嗂謺徥└ 務丰丁傻抄偁傲揑峚慔回她兑忱刜掷搔㊦噻劂└ 揹懘彐╫ 嚦謺kΩ姬傻抄徥扇垍デ噻┓ 嵑└ ● 謺兢㊦呀└ ㈥)勿■ Gy噓慄謺ゆ俍捨嵗儩× ⇑ 勿墠■ Gy慶徥噻劂└ 務丰冔嬓嵑俍デ孳謺侈—ナざ◑ 異謺傮ナ呖揖傚剝寋慆┳ 垮ㄩ她務丰謺咍徥ㄨ冇囆掃ナ包徾処墠謺▾ ぇ懘慔回噤夔她摇ㄴ懘彐⇑ kℓ呀謺勿墠■ Gy慶徥侈—傚慔回偷她デ噻異謺兢pA仆傻抄┆ 吶丅墇垄回⇐峽扚嫽写兑剝儿謺⁴⁷⁸⁹⁰⁶⁵⁴⁷⁸⁹⁰⁶⁵⁴⁷⁸⁹⁰⁶⁵