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探讨肝胆外科患者术后胃肠功能恢复的护理干预效果

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【摘　要】：目的：卹忖伉岓岮侠嬅甍彐勓咦nm罊傚ナ岕岬ㄖ峎她刱侜扃壨勿墠她吤窇甍彐兟揯她◐ へ⇑ 方法：扃壨伱搵刜乙哑噱罊憔ᶠᶢ 2021 兡 1 咔-2021 兡 12 咔咱挽勃掂岓岮侠嬅勓咦夼剺 68 × ┳ 娀媲傚恥罊区埡掫咪同偉彙噱倻ナ乙┳ 傚埡宧丆偳摽宧罊傚埡宧夼剺 34 ⎫ 罊偳摽宧 34 ⎫ 罊傚埡宧扃壨兑循勿墠罊偳摽宧伉兑循勿墠她佢娘┐ 扃壨击憣丹侜侠嬅勿墠她吤窇甍彐勿墠兟揯侜罊┣ 宧夼剺岬岕ㄖ峎刱侜剝儿⇑ 结果：寀慮┓ kℓ她吤噱勿墠罊偳摽宧夼剺咦nm揘嗂卵嘐呀挽⇐揘嗂岕攍呀挽⇐揘嗂甍搫呀挽▾ ⓭揘嗂卵う呀挽优呉呜姁⅀ 傚埡宧罊┣ 宧同鹵傚嗺儳写呜帡罊咕寁忏偕劂┺ 暨P瞥0.05暩暻kℓ呀偳摽宧咦nm她攉囊恍扉☞⅀ 傚埡宧罊同鹵傚嗺儳写呉呜罊咕寁忏偕劂┺ 暨P瞥0.05暩⇑ 结论：傚岓岮侠嬅勓咦夼剺扃壨击憣丹侜侠嬅勿墠她吤窇甍彐勿墠兟揯侜罊┣ 俇呜帡厄㈥夼剺咦nm刱侜叼哖罊ぇ甍夼剺岬岕ㄖ峎刱侜罊傚夼剺她咦nm刱侜丆咦nm攉囊恍扉她刱侜劂┺ 扇侧罊へ澤即全⇑

【关键词】：击憣丹侜侠嬅勿墠暻岬岕ㄖ峎暻勿墠叼哖

To Explore the Effect of Nursing Intervention on Postoperative Gastrointestinal Function Recovery in Patients Undergoing Hepatobiliary Surgery

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Abstract: Objective: To explore the value of nursing intervention in the recovery of gastrointestinal function after hepatobiliary surgery. Methods: By retrospective analysis, 68 patients with hepatobiliary surgery in our hospital from January 2021 to December 2021 were selected as the research objects. They were divided into control group and experimental group according to the random number table method. There were 34 patients in the control group and 34 patients in the experimental group. The control group received routine nursing, and the experimental group received nursing intervention in the way of rapid rehabilitation surgical nursing on the basis of routine nursing. The recovery of gastrointestinal function of the two groups was compared. Results: After different nursing methods, the first exhaust time, the first bowel sound time, the first eating time and the first defecation time of the patients in the experimental group were significantly shorter than those in the control group. There was a significant difference between the two groups (P<0.05); at the same time, the quality of life in the experimental group was better than that in the control group, and the difference was statistically significant (P<0.05). Conclusion: Nursing intervention with rapid rehabilitation surgical nursing for patients undergoing hepatobiliary surgery can significantly improve the postoperative recovery effect of patients, promote the recovery of gastrointestinal function of patients, and is of great significance to the recovery of postoperative recovery and postoperative quality of life of patients, which is worthy of promotion.

Keywords: Rapid rehabilitation surgical nursing; Gastrointestinal function; Nursing effect

前言

岓岮侠嬅勓咦└ナ▥ 嬅偷勓咦呱侧她┓ kℓ垱呖怎孌勓咦伉咦ㄟ优搳徥傚夼剺甍彐咦ㄟ敓戲罊⅀ 咦nm啾卤夼剺她二⊡夼剝侧崠懿♂甍彐婴搫侚墠罊ᵢ侠一┐ 勓咦她╳♁罊夼剺慄兑伉咦nm懿♂丅墇┆ 偯她岕岬ㄖ峎侮怫她墇恥ᵛᶠ⇑ ┻ ぇ甍岓岮侠嬅勓咦夼剺咦nm岬岕ㄖ峎刱侜罊㈥夼剺咦nm攉囊恍扉罊甍扇号亂夼剺咦nm慡⊡堳ル罊ぇ甍ナ击憣丹侜罊搳傚岓岮侠嬅夼剺咦nm偳否傚关她丹侜勿墠ᵛᶠ⇑ 咤吐她┻ 徥妛她呖慄慮傚勒掂叵噤她岓岮侠嬅勓咦夼剺甍彐娀媲罊卹忖击憣丹侜侠嬅勿墠傚夼剺咦nm岬岕ㄖ峎涸中罊吸伉┻ 岓岮侠嬅咦nm勿墠厄丨㊣展劂徨罊二⊡俏┓ 瞫

1 研究对象和方法

/,/ 娀媲傚恥

憔ᶠᶢ 0. 0/ 兡 / 咔+0. 0/ 兡 /0 咔咱挽伉勒掂岓岮侠嬅甍彐勓咦她夼剺 46 ⎫ 甍彐娀媲⇑ 区埡掫咪乙宧她吤窇倻ナ乙┻ 傚埡宧丆偳摽宧罊傚埡宧暨冷夕 12 ⎫ 罊ナ┤ 壳剃 06 ⎫ 罊倍剃 4 ⎫ 罊呱侧兡斃 46 僖罊呱儀兡斃 23 僖罊兟优兡斃暨32,31¤ /,//暩僖罊勓咦變伻瞫岮仩乞掃咦 /0 ⎫ 罊岮仩刻岊乞掃 6 ⎫ 罊岓彊嬝奚 3 ⎫ 罊岮仩家姲 7 ⎫ 暩暻偳摽宧暨冷夕 12 ⎫ 罊ナ┤ 壳剃 0. ⎫ 罊倍剃 /2 ⎫ 罊呱侧兡斃 47 僖罊呱儀兡斃 26 僖罊兟优兡斃暨36,31¤ /,//暩僖罊勓咦變伻瞫岮仩乞掃咦 7 ⎫ 罊岮仩刻岊乞掃 // ⎫ 罊岓彊

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嬝奚 7 〕磬岮仩家姲 3 〕暩暻【壨寁忏偕揌● 傚┣ 宦夼匊┆崹悚吗甍彐乙哑nm呜婗┣ 宦匊屘兡斃←勓咦孌伻←夼媝嫽儳写慆儀磬┘ 傚咤嗂娀媲家哖噔咕凅中磬吳寁忏偕劂┻暨N暾. ,. 3暩磬二咕nA嗺刜⇑

宙夕←卵掃唅ン瞫

宙夕唅ン瞫暨/暩咤嗂娀媲勍憔夼匊优崨劌㊣└ 咤娀媲磬傚咤嗂娀媲偨ダ姬剞兢嬓尧姬剞kℓ劂╟ ⇑ 暨0暩勍咕夼匊优卻⁴⁄屾岮侠嫭勓咦噤夔⇑ 暨1暩咤嗂娀媲勍咕匊屘优婧胤囹户←吳噓憟掙娭磬忒姬ㄖ崀嗓兑⇑ 暨2暩咤嗂娀媲勍咕娀媲傚恥优崀侺厊丨偨后她悚吗磬o匡匊屘佢咤悚吗丁咦ㄨ啌呼她凅〞偕丁宝恺匀kΩ⇑

卵掃唅ン瞫暨/暩卵掃┳ 六悚吗┓ 偨后她匊屘⇑ 暨0暩卵掃μℓ兢咕┤ 扇処峇孌夬夼她勓咦■ Gy⇑ 暨1暩卵掃匊咕孤婧孌夬夼←噓憟掙娭←吳崨┳ 彐┳ 崀┲她■ Gy⇑ 暨2暩卵掃咦nm┓ 劌劂㊣└ 咤嗂娀媲她■ Gy⇑

/,0 娀媲吤噱

/,0,/ 傚埡宦

密└ 傚埡宦兑循勿墠兟揯磬有)傚ナ甍彐ゃ丹偷吃暻咦ㄨ供妄磬吤う咦ㄨ冢嚦嬝她脩尥暻咦ㄨ吃岡磬仆三勓咦ㄨ嬰搫←嬰搫暻咦nm兢ㄉ失勿墠暻咦nm搫搫勿墠暻仆三咦nm僵吹慱ㄩ磬—冱丹侜劂忱暻翛鹵夬夼刱侜堳儿甍彐按夼勿墠⇑

/,0,0 偳摽宦

伉兑循勿墠她佢娘┓ 密└ 击慲丹侜侠嫭勿墠磬二⊡俏┓ 瞫

暨/暩処墠勿墠瞫懹乙岓岮侠嫭勓咦夼匊伉咦ㄨ壯┛傚勓咦妠デ姬忱┓ 徼慆傥聾傚勓咦、 壟別剭←包徾她処墠磬伶嗔磬勿墠■ Gy搔伉勓咦偳否ㄨcmナ甍彐ゃ丹偷吃聾▦ 宰勓咦慮媝←敓戲吤噱磬阨撣夼匊傚勓咦她┓ 徼磬kℓ呀屜処┳ ナ嬉夏徼剂磬蠪掃夏庬⇑扚傚咦ㄨ恶揖剝寋哌ナ┤ 扇她勓咦匊屘磬勿墠■ Gy搔徥┳ ㄩ└ ナ甍彐╟ 嚦磬扃壨┆ 偯她昡怆勴傢毘ㄉ夼匊她ざ◑ 磬└ ナ冔嬓嵑俍她勿匊デ孳磬べradㄌ夼匊咦ㄨ傚夬夼她べ忳磬┓ 徼丁墠恶揖剝寋她㊉伶磬咕扚傚刜伐甍彐処墠夏傝聾Ω姬夼匊嵑俍她処墠堳分傚┛ 勓咦励ㄖ丁勓咦偁ダ她扇徥刜磬怫嵛夼匊她処墠堳分磬【┻こ匷媔哌┼ 復她処分暻Ω姬咦nmnA崀ㄉ壟她兢ㄉ失俏峻岩嫽磬【ナ扇徬岕岬ㄖ崀她勿墠磬时nm呎㊦咦nm岕岬ㄖ崀刱侜她勿墠卿否⇑

暨0暩搫鞶丁壟囊勿墠暺勿墠■ GykΩ姬夼匊关伉咦ㄨ 4 儀呀婴鞶磬咦ㄨ 0 儀呀婴搫暻搫鞶勿墠┓ ┼ 咕┆ 偯她徥嘪磬勓咦nm甍鞶摵伉岕彈ㄩ磬刱侜岑挲卵嘐nm⇑ 咦nm /+1 侨关▾ MHz嚦鞶磬嫽ㄖ×ㄋ劒劒刱侜nm冗俬甍鞶(ㄉ)嚦鞶丁媲(ㄓ)呋囆卄她鞶严⇑ 傥鞶偁搯磬偁鞶擂岊磬傥鞶壢鞶磬暩冶憔壨ㄩ堜岓峇磬吣擔幗希⇑ 甍鞶扉关壯傥ㄖ偁←壯嫊ㄖ媿圁圁暩关甍鞶呀徥寀仨劒丟磬▾ 一愿岕岬她恶匍⇑伉勓咦nm╟ 侨傥扉搫嚶磬嶙勓咦刱侜嗓兑磬勓咦nm┣ lognmnA▾ 甍鞶♫峏(ㄉ)嚦恺搫鞶磬┣ 徥呖▾ 廛奶恺radㄌ扉悻ㄖ嗓兑搔徥扉磬宋寔radㄌ扉凑傥⇑kℓ呀勿墠■ Gy伉咦nm搔家μℓ勓咦匊屘惕⊡堳儿丁搫鞶亍俍┻ ナㄇ偯┤ 刜卄搫鞶忏ㄢ磬暊侠磬勿墠■ Gy慶搔┻ ナㄇ偯娪偕μℓ墠她× 刻忏ㄢ彙磬m匊屘怜吳μℓ墠她× 刻脩卵傚惕⊡ゃ丹她扇徥刜磬【ナ伉囹夕┓ 徼nm峎侺崨溪区埡娪偕她× 刻呀挽彙脩卵× 刻磬二匷ゲ惋她姃妮丁ゲ惋她⊡ㄊ磬え甍咦nm惕⊡丹侜⇑ 俏哖彐冗峻她勓咦㊦咦nm勿墠妠傚嗺慆偁磬塋ゴ傲呖徥噻劂ご㈜ㄩ嗺慆抄磬徥噻劂圖μℓ剝ル磬妧呖kPa咕丁墇剔唄⇑ 峻峮♂叹尥冢嚦嬝磬冗峻勓咦nA▾ 傚冢嚦嬝甍彐復藷磬妧呖kPa咕丁彊←剔唄嫽剝ル磬復傒 /+0 侨噔咕◑ ⊡她挪搔磬nA▾ 匙掃妠关她冢嚦嬝⇑

暨1暩⊡♪勿墠⇑ 夼匊伉勓咦家咻nm敓戲囹户ㄨ磬搔徥偵ご デ噻ナ攉一⊡凌丁敓戲堳儿曛慈ㄩ夼匊吳哒侯堳分┓ 狣(五)♪磬【侯懹みcm┆ 亠磬捨嗒敓戲ㄨ她怗mV暻伉敓巡囹户nm傚彊孨甍彐啌哷磬俏彊孨刱侜堯兑磬儿LnA扃壨(ㄉ)(五)♪磬一傥峻懹㊉ㄊ磬え甍岤懹慄嘐⇑

暨2暩咦nm吹咱慱ㄩ⇑ 咦nm脩卵匊屘吹夕┓ 六甍彐囊ㄩ磬—冱岬懹丁岕憺她彈ㄩ磬—击卵嘐丁卵う磬慶崀侺呱侧捼異捨嗒咦nm┓ 岗揑峚彊唎暻⅛┛ 咦nm♂寀㊋慆兑她刱侜咱磬伉┓ 二供┓ 六囊ㄩ咽● 匊屘nA伉咦nm 4 儀呀nm伉六┓ 甍彐岗⊡囊ㄩ她拿垳磬俏儋崋磬勓懹匑(E)嫽慱ㄩ暻勿墠■ Gy勃屘呖傻僊nA啾鹵勿墠偷㒸┓ 她勿墠勓噱傚夼匊偳峻懹区㊉磬区㊉呀ㄈ墠ㄊ奠丁懇冗勓咦懹♪磬侈冱咦nm岕憺她慱ㄩ磬ㄟ甍⊡ピ彊回瀆墆—击磬⅛┛ 岕憺咍击ㄗ关磬傚岕憺ㄖ崀她刱侜二咕湊侧她劂┻ ⇑

暨3暩巡堜勿墠⇑ 匊屘咦nmnA【壨ぇ甍岕憺彈ㄩ變巡堜磬—憢岕憺彈ㄩ磬え甍岬岕ㄖ崀她击慲刱侜磬巡堜nA憔匪噻倚寔攉學 @j 嫽磬┻ 六ㄉ墇伉噻倚ぇ岕憺巡堜nm夼匊她鞶嗇♂侈一磬傚岕憺ㄖ崀她刱侜咕媔哌劂┻ 暻ㄏ俠夼匊壯┛ 勓咦傚咪⊡克咾┓ 卞偾磬⊡ピ她扑媮偾嚦侮磬【夼匊岕憺ピ她挑圾岌吳噱嗓兑伐儩× 磬搨崠岕憺她叵尅ㄖ崀┓ 捻磬寗屙ㄉ攉咦nm峻岩嫽岕憺┓ 嵑剝儿磬伶嗔伉咦nm勿墠呀暩冶她┻ 咪⊡彙ゲ扑媮偾磬nA—慲岕憺ㄖ崀她刱侜磬尅姁咦nm撑嗂卵嘐呀挽←撑嗂卵う呀挽←撑嗂甍鞶呀挽丁撑嗂岕攍呀挽⇑

/,1 復傒匚唅

咤娀媲搔叵揚┣ 宦勿墠ㄨnm她┻ 六ざ刻兢—▾ 乙哑磬傚嗺┣ 宦勓咦匊屘她撑嗂卵嘐呀挽←撑嗂岕攍呀挽←撑嗂甍鞶呀挽←撑嗂卵う呀挽▾ ㊦咦nm攉囊恺扉⇑

/,2 寁忏偕乙哑

【壨 QNQQQ0. ,. 思● 傚咤嗂娀媲勍澤同鹵甍彐寁忏偕乙哑磬【壨 $\bar{x} \pm s$ 丁 r彙婗忏扉悚吗磬【壨 v^0丁#彙婗忏同悚吗磬N暩. ,. 3 彙婗同鹵傚嗺儳写呜帡磬咕寁忏偕劂┻ ⇑

2 研究结果

0,/ ┣ 宦夼匊揳嗂卵嘐呀挽←撑嗂卵う呀挽傚嗺

復傒宦揳嗂卵嘐呀挽丁卵う呀挽☞┛ 傚埡宦磬┣ 宦同鹵傚嗺儳写呜帡磬俏彙 /⇑

彙 / ┣ 宦夼匊揳嗂卵嘐呀挽←撑嗂卵う呀挽傚嗺暨v¤ q際

宧ㄨ	〕同	撑嗂卵嘐呀挽暨f暩	撑嗂卵う呀挽暨f暩
復傒宧	12	00,. 1¤ 1,/2	10,/7¤ 0,00
傚埡宧	12	22,06¤ 1,47	34,56¤ 2,02
r	+	04,555	07,737
N	+	. ,. . /	. ,. . /

0,0┣ 宧夼勢撑嗂岕攍呀挽←撑嗂甍鞶呀挽傚嗺

復傒宧撑嗂岕攍呀挽←撑嗂甍鞶呀挽☞┛ 傚埡宧謺┣宧同鹵傚嗺儳写嗚帡謺俏彙 0⇑

彙 0 ┣ 宧夼勢撑嗂岕攍呀挽←撑嗂甍鞶呀挽傚嗺暨v¤ d暩

宧ㄨ	〕同	撑嗂岕攍呀挽暨f暩	撑嗂甍鞶呀挽暨f暩
復傒宧	12	/2,0/¤ /,04	4,06¤ 0,/1
傚埡宧	12	03,42¤ 1,. /	/6,02¤ 2,/4
r	+	0. ,203	/2,700
N	+	. ,. . /	. ,. . /

0,1┣ 宧壛囊怌扉傚嗺

慄慮傚嗺偳摽澤姬謺揣摽宧咦nm夼勢壛囊怌扉☞┛ 傚埡宧謺俏彙 1⇑

彙 1 ┣ 宧壛囊怌扉傚嗺暨v¤ d謺乙暩

宧ㄨ	〕同	処墠堳分	壛墠ㄇ崀	婚♂ㄇ崀	剝劉屻崀
復傒宧	12	00,64¤ . ,01	00,64¤ . ,32	01,63¤ . ,01	02,63¤ . ,01
傚埡宧	12	0. ,64¤ . ,2/	0. ,54¤ . ,43	0/,64¤ . ,5/	01,63¤ . ,01
r	+	02,6. 5	/2,27.	/3,326	/2,705
N	+	. ,. . /	. ,. . /	. ,. . /	. ,. . /

嚓暺▾┐彙 /←0←1┤ 同鹵傚嗺优咕寁忏偕劂┗謺N

暫. ,. 3⇑

3 讨论

掫妻(ㄖ)夔勴咦她勹偃甍嗕謺壮┛ 敓戲偕↵慔彊↵慔回←嚶壳狣录姬忱▾ ㊦勓咦吤冒←勓咦寺μℓ哈吗她号甍丁卼ㄱ劉晛嫽卿否她甍嗕謺斨岮侠嬋勓咦噤夔夬夼她嶈佯惄咾惄全謺劾┳┬六勓咦┤囟妽嶈佯呱全她┆孌勓咦┻┆⇑慄慮斨岮侠嬋勓咦謺忺芻她忤偁夬夼堳分懿峎侺澤ㄈ寰徼壤崟噤圖⇑ ♩呖伉勓咦慮媝┤謺懹乙芻屘呋ㄋㄣㄈ敓戲噻倚←慔回她凅中謺T墇岬岕┓ 慘←岕吼捭嫽┓ 嵑失堳謺—┻斨岮侠嬋勓咦咦nm芻屘搔徥捯呀挽(五)六☏ノ謺捯咱尔傥囊�謺ナ┓ 岗傃呋T墇彊回嚦慄┓ 壹謺圉捏峚彊回嚦慆劔牞囱投嫽墇恥謺呋冽劻┓ 岗圉捏峚彊唎謺岕憺ㄇ峎刚ㄧ┓ 捻她挪搔⇑┬ 捻♫斨岮侠嬋勓咦夼芻咦nm岕憺┓ 嵑ㄗ¯关冽劻她啿塺謺え 甍咦nm慡⊡刱侜謺搔徥伉斨岮侠嬋勓咦咦nm密┖勓咦夼芻嬋偕μℓ墠她勿墠兟揯⇑

㊣寁她勿墠兟揯▌ 傚嗺咦nm夼芻甍彐太夺勿墠丁ゃ丹偷吃謺扁傚┛ ナ処墠堳分←攉囊× 刻▾ ㊦撦鞶←慱ㄴ嫽吤揖她勿墠慆傥謺▾ 峹┛ 勿墠叼哖慆儳謺採▾ 均惋夼芻她勿墠搔嘪謺慶搔傜嘪哈┬ 偁ダ咕叼她勿墠吤肓⇑ 壯┛ 夼芻咦nm恶揖剝寋慮扇♂—扇ナ咦nm┓ 嵑ㄗ¯关丁岬岕憺┓ 慘謺侈—兢勹失T墇她揟搁謺仱嗔謺击慖丹侜侠嬋勿墠噻扇咦ㄨ傚勓咦芻屘甍彐処墠夏傝謺hA咕叼寰徼埔庬←勲懧嫽┓ 嵑剝寋暻kℓ呀击慖丹侜侠嬋勿墠徥嘪芻屘咦nm吹甍鞶謺尅姁嬰鞶呀挽謺兢┘ 啾鹵慔⊡堳ル丁岬岕剝ル密┖嬋偕μℓ墠她撦鞶吤唤謺咕ㄴ┛ 寰徼咦nm岬岕┓ 慘⇑击慖丹侜侠嬋勿墠┬ 冞一傥傻嬝壽尥呀挽←刲圍墠凿謺尅姁傻嬝壽尥呀挽謺nA▾ 寰徼┓ 慘劉謺念♫傻慘劉唲啿塺⇑咤嗂娀媲┤ 偳摽宧夼芻扃壨击慖丹侜侠嬋勿墠她吤冒傚岓岮侠嬋勓咦夼芻咦nm甍彐勿墠謺慄慮坵傲坵勹墠謺偳摽宧咦nm夼芻她撑嗂陨吤挽←撑嗂岕攍呀挽←撑嗂甍鞶呀挽←撑嗂卵う呀挽优☞┛ 傚埡宧謺┘ 慄慮勿墠nm夼芻她攉囊怌扉澤ㄈ厒(ㄜ)謺厒撣┐ 芻屘咦nm她勿墠⊡摽⇑

寬┐ 勍憇謺伉傚岓岮侠嬋勓咦咦nm夼芻甍彐勿墠呀謺猛徥妻扇噻劂夼芻咦nm岕岬ㄇ崀她勿墠⇑伉勿墠呀扃壨击慖丹侜侠嬋勿墠她吤冒謺崀侈—击夼芻岕岬ㄇ崀她刱侜謺傚夬夼她刱侜二咕扇徥劂┗ 謺へ澤伉┬ 六┤ 即全⇑

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