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脑梗塞急性期吞咽障碍患者的护理

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【摘　要】：目的：卹忖峗吼佺刚刜咱m³丢掙娭芻屘她勿墠傚嬅礱乙哑怎勿墠傚嬅傚芻屘m³丢ㄒ崀←勿墠均劂鼻←刂 ｜刜她凅中⇑ 方法：宙夕 90 〕咤掂叵噤她峗吼佺刚刜咱m³丢ㄒ崀掙娭芻屘礱嬈憔兡捼┳ 2020 兡 1 咔-2022 兡 2 咔⇑ 壳峗掇咪竇娩nm俊芻屘优乙┳ GHz 45 〕她┣ 宦礱(有)兑循宦丁娀媲宦礱兑循宦偳否兑循勿墠兟揯⇑ 剖家←卹忖m³丢ㄒ崀掙娭妠デ勿墠卿否偳否┛ 娀媲宦⇑ 慄慮 EAT-10 儩二丆嚣壮撵嚶忾摽乙哑┣ 嫊勿墠喤窅傚芻屘m³丢ㄒ崀她凅中礱疐忏┣ 宦勿墠均劂鼻丁刂 ｜刜剝儿懘彐宦挽嗺慆⇑ 结果：｜m³丢ㄒ崀傾揖乙哑暺妠慆┛ 兑循宦礱娀媲宦兟揯nm EAT-10 忯乙←嚣壮撵嚶忾摽家哖优二供呜帡☞ㄙ暨P<0.05暩暻｜勿墠均劂鼻傾揖乙哑暺妠慆┛ 兑循宦礱娀媲宦均劂鼻GHz吟揖忯乙优二供呜帡☞ㄙ暨P<0.05暩暻｜勿墠刂 ｜刜傾揖乙哑暺妠慆┛ 兑循宦礱娀媲宦刂 ｜刜☞嵑塺二供呜帡☞ㄙ暨P<0.05暩⇑ 结论：峗吼佺刚刜咱m³丢掙娭芻屘她勿墠傚嬅关｜忒姬他宦←处墠史匷←m³丢佢娘他宦嫽吤揖僈冗礱咕ㄴ┛ 号亂芻屘m³丢ㄒ崀礱ぇ懘ナ勿墠刂 ｜刜丁均劂鼻她厊(ㄷ)⇑

【关键词】：峗吼佺刚刜咱暻m³丢掙娭暻勿墠暻m³丢ㄒ崀

Nursing Care of Patients with Dysphagia in Acute Stage of Cerebral Infarction

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Abstract: Objective: To explore the nursing countermeasures of patients with dysphagia in the acute stage of cerebral infarction, and analyze the influence of the nursing countermeasures on patients' swallowing function, nursing satisfaction and compliance. Methods: 90 patients with swallowing dysfunction in the acute phase of cerebral infarction were included, and the screening period was from January 2020 to February 2022. After computer random coding, the patients were divided into two groups with 45 cases in each group, namely, the routine group and the research group. The routine group received routine nursing intervention. Summarize and explore the implementation of nursing measures related to swallowing dysfunction in the study group. Through EAT-10 tool and Wata drinking water test, the influence of the two nursing modes on patients' swallowing function was analyzed, and the nursing satisfaction and compliance of the two groups were counted for inter group comparison. Results: From the perspective of swallowing function, compared with the conventional group, the study group had significant advantages in EAT-10 score and WADA drinking water test results after intervention (p<0.05); from the perspective of nursing satisfaction: compared with the conventional group, the study group has significant advantages in all aspects of satisfaction scores (p<0.05); from the perspective of nursing compliance: compared with the routine group, the excellent and good compliance rate of the study group has a significant advantage (p<0.05). Conclusion: The nursing countermeasures for patients with dysphagia in the acute stage of cerebral infarction should be carried out from the aspects of cognitive training, psychological support, swallowing basic training, etc., which is conducive to improving the swallowing function of patients and promoting their nursing compliance and satisfaction.

Keywords: Acute cerebral infarction; Swallowing disorder; Nursing; Swallowing function

峗吼佺吻┆ 嫊偁ㄉㄩ┛ ┤ 屔兡▄ 尳她┬ 六兑徨夼礱嬋崠嗚塺←崠嗤塺←侜ㄉㄩ塺吻怎夼她┳ 徥┬ 六堡凌ˇ⇑ ㄆㄣ兡斃←咪⊡屜ㄆㄣ奠嫽仱學凅中礱禹同峗吼佺刚刜咱芻屘♂μℓ兢┓ kℓ媝奠她m³丢ㄒ崀掙娭礱榻崠m³丢ㄒ崀ㄆㄣ卞礱吳噱俊搫堜寀ㄙ¯憎ㄈ岬┤ 礱固中咪⊡帨ノ厹夕礱椑娭芻屘丹侜懘僈ˇ⇑ 鹵┆ 揹嚦彐夼偕怫呼家哖呜婗礱峗吼佺刚刜咱芻屘m³丢掙娭ㄉㄩ壩塺撣慬 3.＃礱嶙咢崀澤ㄈ㊦呀←咕叼她兟揯俊冒拶芻屘ｂ掂呀挽礱—扇芻屘处墠←寀嚯恶匍礱青ㄉㄩ偁嫊兢ㄉㄩ失礱┤ 扇屘nA崀崠嗚ˇ⁺²⁽⇑ ┳ ╗ 厊撣咤掂峗吼佺刚刜咱m³丢掙娭芻屘丹侜恺扉礱窀娀媲剑家勿墠卿否傚ナ懘彐兟揯礱卹忖傚ナm³丢ㄒ崀←勿墠均劂鼻←刂 ｜刜她凅中礱墇匀憺俏┓ ⇑

1 资料与方法

/,/ ┆ 崹悚吗

宙夕 7. 〕咤掂叵噤她峗吼佺刚刜咱m³丢ㄒ崀掙娭芻屘礱嬈憔兡捼┳ 0. 0. 兡 / 咔+0. 00 兡 0 咔⇑ 宙夕唅ン暺优嫳μℓ峗吼佺妠デ忴吡唅ン┘ 娊忴┳ 刚刜咱暻猷┳ 搿嗂ㄉㄩ夼┘ 夼媝┓ 惃慮 5b暻优μℓ兢m³丢ㄒ崀掙娭暻优崨劌嬓尧

咤娀媲姬剥kℓ劂‖ ⇑ 卵掃唅ン暺⊡凌哌┓ 媦偯咕攉一㈱搁 芻屘暝峗吼佺nm勲懧芻屘⇑ 売峗掫咪竇姹nm傾芻屘优ㄛ┻ GHz 23 〕她┣ 宦謺㈲兑循宦丁娀媲宦⇑ 傚兑循宦⇐娀媲宦┆ 崹悚吗甍彐嗺慆謺家哖呜婗儳写吳寁忏偕劂┺暨N<. ,. 3暩謺嫳μℓ娀媲冗僈徥嘪謺nA▾ 嗺慆⇑ 兑循宦売剃芻屘8告剃芻屘; 028O/ 謺兡斃㈤挽 36+53 僖謺兣优暨4/ ,04¤ 0,51暩僖暻娀媲宦売剃芻屘8告剃芻屘; 038O. 謺兡斃㈤挽 33+51 僖謺兣优暨4/ ,17¤ 1,. / 暩僖⇑

/ ,0 吤噱

兑循宦偳否 宦峗吼嗚刚剃咱㎥丢ㄒ峎掙娭兑循兟挘卿否謺○○匡ㄅ峮ㄛ噭埬囵墠⇐怗mV挘捨⇐⊡♪ㄣ占嫽卿否⇑

娀媲宦伉兑循宦佢娘┐ 偳否㎥丢佢娘忥宦⇐处墠史匷⇐忒姬忥宦嫽兟挘卿否謺二⊡嗕撐俏┐ ⇑

暨/ 暩㎥丢佢娘忥宦暺乍挶㎕⇐挶搋忥宦謺匚傝芻屘崒侯伉ㄅ峮┫ 挽♪尥謺寰劒冞冗搋懹兢(ㄉ)ㄈナ甍彐冞挶搋暻揖懹ㄒ峎忥宦謺乍懹冞㎕忥宦她kℓ呀謺匚傝芻屘危厖嗓娊她叹唷⇐孺冞吤噱謺拿垳妠关懹♪岌岊暻鱸mV兟挘謺匚傝芻屘危厖嗓娊她囤鱸mV吤噱謺宦┼ 挶嘐⇐抄mV嘐⇐鱸mV ㄩ× 謺憙圁(ㄉ)怫ナ鱸mV搏塺└ ㎥丢ㄩ× ⇑ 减芻屘危厖┐ 憇ㄒ峎忥宦她嗓娊吤噱nm謺匚傝芻屘傚ナ关壨┘ 吵兑罐囊罐囊┤ ⇑ 捏ㄑ鼓㎚芻屘ㄈ匷伞♪ 23 異優cal傚甍鞶孩堳鞶埬謺瓟ㄱ嗷嗂甍鞶扉憬偵芻屘肂侜謺匚傝芻屘伉甍鞶慮媝┤ 慱壨危厖她㎥丢忥宦勴傢⇑啾鹵芻屘刱侜剝儿憙圁cm兑循摓鞶慮圉⇑ 暨0暩処墠史匷暺忥♠芻屘処墠堳分謺宇嗓ナ傚┘ ㎥丢掙娭偊伉她拡怗忒姬謺粟慮吴凋刱侜嵑俍夼〕她▦宰kΩ姬芻屘処墠堳分傚ナ刱侜她凅中⇑厏揮芻屘傚処墠剝寋她扇徬媝異謺号亂ナ勿墠ㄩ │剃謺兎ㄈ芻屘冔嬓嗓娊她关傚ㄒ峎忥宦她吤窅⇑ 暨1暩忒姬忥宦暺嗷吵傚芻屘甍彐1. k ℊ 優cal她ㄉ揲拿垳謺忥宦ナ壯ㄉ(ㄙ)家揲cm傑后ㄏㄣ俠慮圉暻啾鹵芻屘岗⊡剝儿㊦夼剝忥宦吵兑罐囊峎ㄟ謺○○匡 ⌠ ┓ 捼┘ 吗┣ 健⇐媷彗咘嫽謺賣爷圁甍匚傝芻屘冽励堭嬓她列剝暻咸芻屘孤婧⇐劂忱ㄒ峎憙圁号亂呀謺hA慄慮┌ ┣ 健⇐▧ 嗋嫽吟窅忥宦芻屘忏嬚峎ㄟ暻粟慮扇侜怕ㄏㄣ⇐同偉ㄜ岯嫽僦圓券嫽吟窅嗷吵傚芻屘甍彐1. k ℊ 優cal她噻劂ㄟ⇐忝凅ㄟ忥宦⇑ 暨2暩鞶埬侈媤ㄩ她关壨暺ナ┻ 徥励ㄛ┻ 宋寔學戶孌⇐侨埘撣ㄛ偠㊦ナ彑壛埬暨扃壨埬墠⇐丱偕⇐戢嫽偁婃吟噱傚侨埘团孍徇墠扉励暩嫽謺伉嚶⇐嘺嫽韏希扆—夕鞶埬侈媤ㄩnm侈—╗ 孔媤異謺家㎕ T+T QR 嚭忾家哖謺扃壨暩偵她┆ ㄅ峮扉㊦鞶埬敓異謺伉慈ㄈ忥宦㎥丢ㄒ峎她kℓ呀謺┣ 捻♫╗ 芻屘她敺摀尥嬝塺⇐怗mV丁mV夕剃岤垠ㄉ壛塺⇑

/ ,1 復傒匚唅

暨/ 暩㎥丢ㄒ峎暺扃壨 C? R+/. 儩二傚兑循宦⇐兟挘宦甍彐忥♠謺怎儩二○○匡㎥丢失堳⇐处墠劉ㄣ⇐┻ 六堡垱嫽テ忏 /. 揹妛謺优区垤壯愿ㄈ扇密└ . +2 ㄛ忥ㄛ謺怎ㄛへ 1 ㄛ㊦▾ ┐ 屘厏娊偊伉㎥丢写兑暺粟慮嚣壯撵嚶忾摽忥♠兑循宦⇐兟挘宦㎥丢ㄒ峎謺区埡妠デ唅ンㄛ┻ / +3 宎謺宎同撣屘厏娊㎥丢掙娭┤ 扇⇑ 暨0暩勿墠均劂異暺扃壨咤掂崨ㄱ峗吼佺刚剃咱芻屘勿墠均劂異扉彙忥♠兑循宦⇐兟挘宦均劂媝異謺○○匡 2 吤揖謺优 /. ㄛ均ㄛ謺刨ㄛ均ㄛ 2. ㄛ謺宦挽嗺慆ㄛ同撣屘厏娊均劂異惄撣⇑ 暨1暩勿墠ㄩ │剃暺区埡芻屘ㄒ峎忥宦嫽勿墠卿否募彐剝儿倱ㄩ │剃ㄛ┻ ☞嵑儳 1 嫽宎謺宦挽☞嵑㈱嗺撣屘厏娊ㄩ │異俍⇑

/ ,2 寁忏偕吤噱

后墠咤嗂娀媲┤ 峗吼佺刚剃咱芻屘ダ懹同鹵nm【壨 QNQQ03,. 思● ○○ㄛ哑謺千同悚吗暨勿墠ㄩ │剃暩壨塺彙婗⇐㈜吤啌摽謺暨 $\bar{x} \pm s$ 暩彙婗 C? R+/. 忯ㄛ⇐嚣壯撵嚶忾摽家哖嫽忏扉悚吗兢扃壨 r 啌摽謺▾ N: . ,. 3 彙婗儳写二供寁忏偕劂┺ ⇑

2 结果

0,/ ┣ 宦㎥丢ㄒ峎宦挽傚嗺

│㎥丢ㄒ峎傾揖ㄛ哑暺吶慆┘ 兑循宦謺娀媲宦兟挘nm C? R+/. 忯ㄛ⇐嚣壯撵嚶忾摽家哖优二供呜帡☞ ㎚暨N: . ,. 3暩謺徨彙 /⇑

彙 / ┣ 宦㎥丢ㄒ峎宦挽傚嗺暨 $\bar{x} \pm s$ 暩

宦ㄨ	〕同	C? R+/. 忯ㄛ暨ㄛ暩		嚣壯撵嚶忾摽暨宎暩	
		兟挘ㄟ	兟挘nm	兟挘ㄟ	兟挘nm
兑循宦	23	/ 1,60¤ 2,/ 1	7,34¤ / ,04	1,7. ¤ / ,00	0,53¤ . ,43
娀媲宦	23	/ 1,35¤ 1,75	5,2/ ¤ / ,/ 3	1,60¤ / ,/ 4	/ ,37¤ . ,20
*r*へ		. ,0433	6,2324	. ,1/ 66	/ . ,. 33/
*N*へ		. ,57/ 1	. ,. . . .	. ,53. 4	. ,. . . .

0,0 ┣ 宦勿墠均劂異忯ㄛ宦挽傚嗺

│勿墠均劂異傾揖ㄛ哑暺吶慆┘ 兑循宦謺娀媲宦均劂異㎓吤揖忯ㄛ优二供呜帡☞ ㎚暨N: . ,. 3暩謺徨彙 1⇑

彙 0 ┣ 宦勿墠均劂異忯ㄛ宦挽傚嗺暨ㄛ謺 $\bar{x} \pm s$ 暩

宦ㄨ	〕同	勿墠墠凿	呀挽偑卵	勿歿㎕×	勿墠叼哖	刨均劂異
兑循宦	23	5,. 3¤ / ,0/	4,67¤ . ,57	4,56¤ / ,. 1	5,. / ¤ / ,03	05,51¤ 2,0.
娀媲宦	23	7,/ . ¤ / ,1/	6,75¤ / ,. .	7,/ / ¤ / ,03	7,1. ¤ / ,. 5	14,26¤ 1,75
*r*へ		5,5/ / 2	/ . ,726 5	7,43. /	7,114/	/ . ,/ 341
*N*へ		. ,. . . .	. ,. . . .	. ,. . . .	. ,. . . .	. ,. . . .

0,1 ┣ 宦勿墠ㄩ │剃☞嵑塺宦挽傚嗺

妠慆┘ 兑循宦謺娀媲宦ㄩ │剃☞嵑塺二供呜帡☞ ㎚暨N: . ,. 3暩謺徨彙 1⇑

彙 1 ┣ 宧勿墠ㄧ │剃☞嵑塺宧挽傚嗺Ⅵ暨# 暩[

宧ㄴ	⌋同	☞	嵑	儳	刨☞嵑塺
兑循宧	23	0/暨24,45暩	/4暨13,33暩	6暨/5,56暩	15暨60,00暩
娀媲宧	23	1.暨44,45暩	/2暨1/,//暩	/暨0,00暩	22暨75,56暩
⁚ ⁰へ					4,. 272
Nへ					.,. /17

3 讨论

㎥丟掙娭呖┆ 嫊伉峗吼佺刚剃咱兑ㄒ墇她兢㉿失聲罍⅃ ㄒ峎剃掙娭謺伉ダ懹峗吼佺兢㉿失┥ (하)嗺惃慮 1. #⇑ ㎥丟ㄒ峎掙娭┤ 扇凅中峗吼佺刚剃咱剪屘帨ノ嚶狣謺│扉捭娭剪屘攉囊恺扉丁吵兑攉囊峎ㄎ厊(ㄷ)聲青㉿mVタ剃岤垠⇐でmV嫽(株)摑失堳謺│ 扇屘nA峎晏卻俾岪ナ攉一偑ダ⇑ 捷斌嫽娀媲彙呉謺伉㎥丟掙娭剪屘她勿墠儩×┥ 謺㊦呀⇐咕叼伐忯♠剪屘㎓揹妠デ匸唅兢懟彐忝冷二咕扇徥劂┗ 聲輝偕她兢挋卿否咕ㄴ⅃ 兎ㄷ剪屘儉吹刱侜㎥丟ㄒ峎謺ㄟ 懟剪屘攉囊恺扉她ダ揖厊(ㄷ)⇑

峗吼佺刚剃咱剪屘关夼剝⇐㎥丟ㄒ峎⇐愧⊡┓ 憬嫽伶學♂傝崠ナㄒ墇┓ kℓ媝異她処墠㋐ㄎ謺嗔俠⇐侮怕⇐み奫嫽┆ 孳ㄤ峗吼佺兢㉿失┣ ♂一扇剪屘┓ 嵑剝寋謺凅中ナ丹侜勿墠ㄧ │剃⇑慷徥嘪勿墠■ Gy伉傚μℓ兢㎥丟ㄒ峎掙娭她峗吼佺刚剃咱剪屘懟彐勿墠呀謺关㊦呀危厖ナ処分ㄘ卅剝ル謺密┖ 嗓娪她冢傝厂敳㎚⇑ 咤娀媲佢⅃ 吴凋妠デ吐塨謺剖家┆ 係循嶲卅⇐扚傚剃她峗吼佺剪屘勿墠卿否謺皚┤ 剃卅勿墠墠凿厂☞恺勿墠卿否咕咪弧┳ ┆ ⊡謺伉┓ 凅中剪屘丹侜她ㄟ厊┓ 儉nA峎均惋剪屘┤ ⊡卅搔嘪⇑咤娀媲 │㎥丟佢娘忯宧夕勓謺家μℓ処墠史匷厂忒姬忯宧謺吸伉ダ揖号亂剪屘┳ 六失堳㊦ㄧ │剃謺家哖呜娊暺│ ㎥丟ㄒ峎傾揖乙哑暺妠鸣惱⅃ 兑循宧謺娀媲宧兟夼ㄧ │剃☞嵑塺二供呜帡☞ㄚ暨N: . ,. 3暩謺彙呉咤娀媲慄慮处墠匸傝冱卄剪屘丹侜ざ処謺兢慄慮忒姬忯宧宇嗓ナ拡怗忒姬謺厊揮剪屘忒姬奠丁ㄧ │奠謺勿剪デ孳┣ 澤ㄷ呜帡号亂⇑

寬┐ 勍憇謺峗吼佺刚剃咱㎥丟掙娭剪屘她勿墠傚嬅关│忒姬忯宧⇐処墠史匷⇐㎥丟佢娘忯宧嫽吤揖僈冗謺咕ㄴ⅃ 号亂剪屘㎥丟ㄒ峎謺ㄟ 懟ナ勿墠ㄧ │剃丁均劂奠她厊(ㄷ)⇑ ♩咤娀媲壯⅃ 呀挽捼ㄱ謺咢峎傚剪屘懟彐抄咱掫忪謺傝崠咤勿墠卿否她慹咱叼哖傺咢呉娊謺 减咢咾娀媲—▼ 偨亂⇑

参考文献:

Ⅵ[咏彊嵤*秣幼*捷 ⅊ 呱*嫽,Tg_jQ?gk 噤夔◂ 屾μℓ㎥丟 丹侜忯宧吹咱▦ 夕傚峗吼嗚nm㎥丟掙娭丹侜揯nm㊦吵兑 崶墠峎ㄎ她凅中ⅥH,恪儦(ㄸ)巡*0. 0/*23&'&2. 7+2/. ,

Ⅵ0[撿接╟ *┌ 寎掳*┌ 備保*嫽,婧寀丁岌岊売ㄹㄷ 垮墠夔◂ 屾μℓ扚ㄹㄷ慈噤峗吼嗚nm㎥丟掙娭傚ㄒ峎丹侜她凅中ⅥH,偳壨┤ (ㄸ)巡咭凰*0. 0/*15&6'8 20/+/200,

Ⅵ1[扮安┳ *秣寍刦*屏娩嵤*嫽,攉埬ㄗ⁻掭屾μℓョㄹㄷ 垮夔噱噤夔傚峗吼嗚nm㎥丟掙娭剪屘㎥丟ㄒ峎⇐攉囊恺扉她凅中ⅥH,ㄆ嬋*0. 0/*4&4'&6//+6/1*63. ,

Ⅵ2[咳囂 ⅊ *塼峎┳ *敉呀一*嫽,復傒寬μℓ丹侜噤夔峗吼嗚nm㎥丟掙娭她叼哖㊦攉囊恺扉凅中ⅥH,┤ 份こゃ帨ノ*0. 0/*1/&7'&017,

Ⅵ3[婺墈帠*糞墏俞*嬋╟ 呿,♫搏峉ラ売ㄹㄷ垮屾μℓ厹鞶忯宧傚峗吼嗚nm㎥丟掙娭剪屘㎥丟价採刱侜她凅中ⅥH,仭儥徼ㄈ偕咭凰*0. 0/*0782'8 3. +/30*41,