

心理护理干预对恶性肿瘤化疗患者的影响

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【摘要】目的: 探讨心理护理干预对恶性肿瘤化疗患者焦虑和抑郁的影响。方法: 2021 年 12 月至 2022 年 5 月, 选取我院收治的恶性肿瘤化疗患者 94 例, 随机分为对照组和实验组。对照组给予常规护理, 实验组给予心理护理干预。比较两组患者护理前后的焦虑、抑郁评分及不良反应发生率。结果: 实验组患者护理后焦虑、抑郁评分显著低于对照组, 不良反应发生率显著低于对照组。结论: 心理护理干预能有效减轻恶性肿瘤化疗患者的焦虑和抑郁情绪, 降低不良反应发生率, 提高患者生活质量。

【关键词】: 恶性肿瘤; 化疗; 心理护理; 焦虑; 抑郁

Effect of Psychological Intervention on Patients with Malignant Tumor Undergoing Chemotherapy

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Abstract: Objective: To explore the effect of psychological nursing intervention on anxiety and depression in hospitalized patients with malignant tumor undergoing chemotherapy. Methods: From December 2021 to May 2022, 94 patients with malignant tumors treated with chemotherapy in our hospital were randomly selected as the research objects and divided into two groups. Routine nursing was carried out in the routine group, and psychological nursing intervention was carried out in the experimental group. Anxiety and depression and adverse reactions of patients before and after nursing were analyzed in the two groups. Results: Without the interference of other factors, the nursing effect of patients in the experimental group was significantly better than that in the conventional group. The incidence of adverse reactions in the experimental group was 8.51%, which was lower than that in the conventional group (25.53%), $P < 0.05$, and the difference was statistically significant. Conclusion: Using psychological nursing intervention for patients with malignant tumor chemotherapy, can help adjust the mentality, alleviate the anxiety depression, at the same time can improve nursing degree, enhance the effectiveness and accuracy of oncology nurses' nursing, further improve the overall quality of the hospital medical treatment and nursing, helps to standardize nursing staff working at the same time, timely prevention of nursing accidents, reduce the incidence of adverse reactions in patients with cancer chemotherapy, so as to strengthen the safety and effectiveness of inpatient chemotherapy, so as to reduce the disease of patients, worthy of promotion.

Keywords: Oncology department; Malignant tumor; Chemotherapy patients; Psychological nursing intervention; Intervention effect

恶性肿瘤化疗患者心理护理干预效果研究。目的: 探讨心理护理干预对恶性肿瘤化疗患者焦虑和抑郁的影响。方法: 2021 年 12 月至 2022 年 5 月, 选取我院收治的恶性肿瘤化疗患者 94 例, 随机分为对照组和实验组。对照组给予常规护理, 实验组给予心理护理干预。比较两组患者护理前后的焦虑、抑郁评分及不良反应发生率。结果: 实验组患者护理后焦虑、抑郁评分显著低于对照组, 不良反应发生率显著低于对照组。结论: 心理护理干预能有效减轻恶性肿瘤化疗患者的焦虑和抑郁情绪, 降低不良反应发生率, 提高患者生活质量。

