

# 精准化护理在淋巴瘤下肢深静脉血栓的价值

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【摘要】:目的:淋巴瘤患者化疗后下肢深静脉血栓(DVT)发生率较高,精准化护理可降低DVT发生率。方法:选取2020年4月至2021年8月收治的淋巴瘤患者224例,分为对照组和实验组,每组112例。对照组接受常规护理,实验组接受精准化护理。比较两组患者DVT发生率、护理效果及生活质量。结果:实验组患者DVT发生率显著低于对照组(P<0.05);实验组患者护理效果及生活质量均优于对照组(P<0.05)。结论:精准化护理可降低淋巴瘤患者化疗后DVT发生率,提高患者生活质量,值得推广应用。

【关键词】:淋巴瘤;下肢深静脉血栓;精准化护理

## The Value of Precise Nursing in Lymphoma Patients with Deep Venous Thrombosis of Lower Limbs

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**Abstract:** Objective: To explore the value of precision nursing in preventing deep vein thrombosis of lower extremities in patients with lymphoma, analyze the specific effect of precision nursing on patients, and explore whether precision nursing is worthy of further promotion. Methods: A total of 224 lymphoma patients admitted to our hospital from April 2020 to August 2021 were selected as the research subjects of this study. They were divided into groups according to the different nursing methods, 112 patients who received routine nursing as the control group, and 112 patients who received precision nursing as the experimental group. The incidence of lower extremity deep vein thrombosis after the completion of nursing, the overall nursing effect of different nursing methods on lymphoma patients, and the nursing evaluation of the two groups of patients were compared. Results: The incidence of deep venous thrombosis of the lower extremity in the experimental group at 1d, 7d, and 15d after chemotherapy was lower than that in the control group,  $P<0.05$ ; the nursing evaluation of the experimental group was better than that of the control group,  $P<0.05$ ; the overall nursing effect of lymphoma patients was better than that of the control group,  $P<0.05$ , and the quality of life of the experimental group was much higher than that of the control group. Conclusion: The use of precision nursing in the nursing process of lymphoma patients can better control the incidence of complications after chemotherapy in lymphoma patients, prevent deep vein thrombosis in the lower extremities, ensure the quality of life of patients in the nursing process, and allow patients able to meet discharge criteria faster.

**Keywords:** Precision nursing; Lymphoma; Deep venous thrombosis of lower limbs

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1 资料与方法

1.1 研究对象

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