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

慢性阻塞性肺疾病急性加重期实施精细化护理的预后观察

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【摘　要】：目的：劒刜捭佺刜岤夬夼刚刜—扇咱偳否孤寀卄勿墠她揯nm復傒⇑ 方法：▾ 勃掂叵噤她 60 〕劒刜捭佺刜岤夬夼刚刜—扇咱芻屘┳ 娀媲傚恥謺佢╝ ㄩ分狣录噱儿傚勍咕芻屘弓乙励傚埡宦└ 娀媲宦謺㈹宦夼〕同┳ 30 〕暻傚埡宦芻屘掂ピ冗僈兑循勿墠謺娀媲宦芻屘掂ピ冗僈孤寀卄勿墠暻嗺慆┣ 宦芻屘勿墠ㄨnm她岤ㄒ峎匚唅←壨弋岤囊扉←勿墠nm崕勃勿墠峎弋μℓ唚塺▾ �下勿墠ㄨnm她攉囊恺扉忯乙⇑ 结果：勿墠nm娀媲宦芻屘她 FEV1←FVC←FEV1/FVC 匚唅优呉呜撣╝ 傚埡宦暨P<0.05暩暻勿墠nm娀媲宦伉帨丿崐鞶←㊉弋侚墠←慱ㄩ忕宦←┓ 嵑彐┳ 号嗓吤揖她崕勃勿墠μℓ唚塺优呜帡撣╝ 傚埡宦暨P<0.05暩景勿墠nm娀媲宦她処墠ゃ丹←攉墠ゃ丹←堜恺攉囊←婚♂デ孳忯乙嗺傚埡宦咍撣暨P<0.05暩 结论：劒刜捭佺刜岤夬夼刚刜—扇咱偳否孤寀卄勿墠傚芻屘岤ㄒ峎号亂咕ぇ甍× 壨謺kℓ呀慶峎屘岤ㄒ峎号亂咕ぇ甍× 壨謺kℓ呀慶峎屘她崕勃勿墠峎弋⇑

【关键词】：劒刜捭佺刜岤夬夼刚刜—扇咱暻孤寀卄勿墠暻岤ㄒ峎暻崕勃勿墠峎弋

Prognosis Observation of Refined Nursing in Acute Exacerbation of Chronic Obstructive Pulmonary Disease

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Abstract: Objective: To observe the prognosis of fine nursing in acute exacerbation of chronic obstructive pulmonary disease. Methods: A total of 60 patients with acute exacerbation of chronic obstructive pulmonary disease admitted to our hospital were selected as the research objects, and all patients were divided into control group and study group based on the dynamic balance law, with 30 cases in a single group. Patients in the control group received routine nursing, while patients in the study group received fine nursing. The pulmonary function index, forced vital capacity, qualified rate of self-care ability after nursing and quality of life score before and after nursing were compared between the two groups. Results: After nursing, the indexes of FEV1, FVC and FEV1/FVC in the study group were significantly higher than those in the control group (P<0.05). After nursing, the qualified rates of self-care in nutritional diet, stress management, exercise training and bad behavior correction in the study group were significantly higher than those in the control group (P<0.05). After nursing, the scores of mental health, physical health, material life and social relationship in the study group were higher than those in the control group (P<0.05). Conclusion: The implementation of fine nursing in acute exacerbation of chronic obstructive pulmonary disease has a promoting effect on the improvement of pulmonary function, and can also improve the self-care ability of patients.

Keywords: Acute exacerbation of chronic obstructive pulmonary disease; Refined nursing; Pulmonary function; Self-care ability

劒刜捭佺刜岤夬夼呖┬ 六慆┳ 兑徨她┆ 嫀佢╝ mV埠←媶嘐嘹唲←鱐mV憺劉唲嫽伶學凅中扉㈦壟她鱐mV孳寁夬夼謺┆ 崹剥儿┓ 謺廷芻怎夼nm芻屘嗷兡宍咕 1 嗂優cal她夼剥—扇揟搁謺㈲刚刜—扇咱ᵛ謺嗔摘嗯嶙┓ 媔哌噤夔♂密芻屘她攉一脩ダ憤励儭侧掔芻謺扁伉勤ᵊᶨ夼剥克咾她攉墠恶匍她kℓ呀謺ᵊᶨ夼剥慪冒←噤夔励咤撣嫽伶學她凅中芻屘┼ 呎憵咕慆侧她処墠㊉弋謺傝崠噤夔ㄧ │刜┓ 墠剝謺採▾ 偳墇揯咱噤夔岌啥謺岑嗔扚傚劒刜捭佺刜岤夬夼刚刜—扇咱芻屘謺伉噤夔她kℓ呀慶搤卹忖咕叼她勿墠兟揯吟唤謺▾ こ忾芻屘她噤夔叼哖└ 揯nm恺扉ᵛᵒ⇑ 孤寀卄勿墠呖佢╝ 妠デㄆ異←唅ン冒♤扉励她┆ 嫀勿墠喤官謺ナ勿墠吟噱└ 勴傢妠傚嗺兑循勿墠咾怜咍二咕ダ揖刜└ ■ 刜卄謺滿╦ 兡伉┬ 六┤ 关壨优ᶜᵍᵣ澤┐ 慆墠剝她叼哖ᵛᵢ⇑ 勍▾ 咤嗂▾ 勃掂 0.0/兡 / 咔崟 0.00兡 / 咔挽叵噤她 4. 〕劒刜捭佺刜岤夬夼刚刜—扇咱芻屘┳ 娀媲傚恥謺▾ 兑循勿墠←孤寀卄勿墠僈冗俏┐ 傚嗺ㄑ哑暺

1 资料与方法

/,/ ┆ 崹悚吗

▾ 勃掂 0.0/ 兡 / 咔崟 0.00兡 / 咔挽叵噤她 4. 〕劒刜捭佺刜岤夬夼刚刜—扇咱芻屘┳ 娀媲傚恥謺蟯憔啥ン俏┐ 暺宙夕娩怜┳ 劒刜捭佺刜岤夬夼┘ 侚╝ 刚刜—扇咱←咤■ 劂忱囹呰咕慆俍她噓憟峎ㄧ謺 └ 傻僊テkℓ姬剥卮咪咤娀媲屘暻卵掃娀媲 │刜慆儳←μℓ兢シ瓮孳寁夬夼←瀆墆孳寁掙娭←ナ▥ 扇徥仗偭ㄒ峎掙娭←孤婧夬夼嫽芻屘暻咤娀媲壯㈤偕❀墠俱Gy♂偵啓勵ン曝巨╝ ㄩ分狣录噱儿傚勍咕芻屘弓乙励傚埡宦└ 娀媲宦謺㈹宦夼〕同┳ 1. 〕暻傚

埡宦勢尉┤ 咕売剃 /6 〕蠶告剃 /0 〕蠶頙斃┳ 36+6暨54,34 ¤ /,10暻僖蠶夼媝┳ 0+1/暨/. ,67¤ 0,75暻頙暻娀媲宦勢尉 ┤ 咕売剃 0. 〕蠶告剃 /. 〕蠶頙斃┳ 35+64暨54,46¤ /,02暻僖蠶夼媝┳ 0+07暨/. ,41¤ 0,53暻頙暻┣ 宦┆ 崹悚吗傚关同鹵儳へ┓ 二咕寁忏偕劂┻ 暨N<. ,. 3暻蠶娀媲冗僈nA彐⇑

/,0 阶噱

傚埡宦勢尉掂ピ冗僈兑循勿墠暉勢尉夕掂nm勿墠■ Gy搔徥兎ㄈナ埯削ｂ掂墆侁⇐匸傝ナ卻ﾋﾝ妠デ啌呼蠶兢kΩ姬勢尉└ ナ傻僊妠デ噻劂╙ 揹暻怏寀╗ 徼勢尉她┤ ■ ざ刻蠶ㄛ匡吴凋夼kA⇐慮叮kA嫽蠶响冔ゃ丹唱唤暻傎ヒ妒齬勢尉她妠デ攉一⊡凌号ﾋﾝ剝ル兢㊦呀傲写兑kΩ姬(ㄖ)攉暉わ俍夼勸她慄搢⇐囆砮▾ ㊦圍圢異怫卼儩× 蠶兙こnA▾ ┳ 勢尉厏 ｜ 嵑俍她ｂ掂墆侁嫽⇑

娀媲宦勢尉掂ピ佢╝ 兑循勿墠ﾍﾙ冗僈孤寀ㄔ勿墠暉处墠勿墠⇑勿墠■ Gy搔徥┳ 勢尉㊦ナ傻僊忞徼夬夼└ 噤夔妠デピ傃蠶ㄛ匡凅中伶學⇐噻劂╙ 揹▾ ㊦吴凋噤夔劻ㄖ唤〕嫽蠶厏揮勢尉㊦ナ傻僊她忒姬嚶挑└ 噤夔ざ処蠶▾ 寰徼埔庬⇐别劏嫽┓ 嵑剝寋暻兢傲噤夔咱挽勢尉偊伉她夏掷㊦呀甍彐徼嬉蠶厏揮勢尉她(ㄖ)勿ㄐ │剃ﾒﾎ⇑ 搀鞶勿墠⇑ ┳ 勢尉ㄖ偯媩偕搀鞶忏弓蠶侈一廛奶恺⇐寔攉學⇐孓宋寔⇐埆扉她厹夕扉蠶┫ nA厹夕┆ 亡ㄷ垃剃鞶埬蠶ℓ呀┤ 婴埠戔蠶兢こ怦ゲ惋▀刻⇑ 丹侜勿墠⇑ 匸傝勢尉甍彐峻匣齹mV忥宦蠶(有)寔匷伞♪兢傚cal勓尥╝ ┓ 峻懹蠶優勓尥╝ 峋ㄨ蠶寰劔mV嘐掏惀峻懹蠶凡勾cal勓她kℓ呀乍めkV㇀└ 堳⇐齹嘐蠶咱挽齹嘐⇐mV嘐呀挽嗟〕 卼ㄖ┳ 08蠶(ㄴ)嗂忥宦呀挽宍┳ 0. k ǵ 蠶搏嗂┳ 5嗂-k ǵ ﾒﾎ⇑ 寬μℓ勿墠⇑ ㄛ匡吴凋夼kA她噻劂╙ 揹⇐啎嬓度嚶圢囉㇀乍嫽暻疄勢尉咕丞寥失堳蠶nA匸傝ナ怫后┳ 二(五)⊡♪蠶念♫嘐嬝ﾋﾝ捭搢搁暻疄勢尉咕峻夼⇐峻岩⇐┓ 岗唎佺嫽剝ル蠶搤嫐(有)kΩ姬(ㄖ)攉暻咱挽め俍巡堜忞徼儩× 蠶兎ㄈ勢尉㊦ナ傻僊╗ 徼懅(ㄖ)仆壨巡她扇徥剃暻懅(ㄖ)仆响冔捏峚慄憺蠶姺こ彉回売徼恺挑录ﾒﾎ⇑ 揯nm勿墠⇑ 勢尉T掂ㄨ┳ ナめ俍掂侠噻劂╙ 揹偷吃儩× 蠶兢慄慮偯咱掀忪她吤巨╗ 徼勢尉她揯nm剝ル蠶区循偯呀挽厏户勢尉侜忴嫽⇑

/,1 復傒匸啥

· 嗺慆┣ 宦勢尉勿墠ㄨnm她岤ㄖ崀匸啥暉粟慮堅巷佯(ㄖ)夔娀勴咕捼ヂμF她岤ㄖ崀啌藷◂ 傚 /q壨ㄇ鹿嘐傃媔暨DCT/暻壨ㄇ岤囊扉暨DTA暻懟彐啌藷蠶兢忏嬚 DCT/-DTA⇑

嗺慆┣ 宦勢尉勿墠nm崨勀勿墠崀ㄇμℓ唚塺暉㊀展崨勀勿墠崀ㄇ恬乙扉彙蠶ㄛradㄜ帨ノ崼鞶⇐㊉ㄇ侚墠⇐慱ㄩ他宦⇐┓ 嵑彐┳ 号嗓仞┤ 吤揖蠶(ㄴ)揹 /. 乙ㄖ蠶′ 4乙μℓ唚ﾒﾎ⇑

嗺慆┣ 宦勢尉勿墠ㄨnm她攉囊恺扉暉㊀展 U F M攉偊恺扉藷偯扉彙暨OMJ +/. . 暻蠶囟妽処墠ゃ丹⇐攉墠ゃ丹⇐堜恺攉囊⇐婚♂デ孳恆┤ 寔異蠶(ㄴ)揹 03乙ㄖ蠶勍澤乙ヘ怒撣彙婗攉囊恺扉怒俍⇑

/,2 寁忏偕吤噱

憟慮 QNQQ03,. 愚● 寁忏咤嗂娀媲┤ ┣ 宦勢尉、 攉她嗓分乙儺她忏扉悚吗暨Kc_l ¤ QB暻└ 忏扉悚吗暨# 暻蠶ㄨ尉唗咤嗺へ憟慮 r甍彐啌摽蠶nm尉唗咤嗺へ憟慮㈜)吤甍彐啌摽蠶啿塺 N暩. ,. 3二咕寁忏偕劂┻ ⇑

2 结果

0,/ 勿墠ㄨnm┣ 宦岤ㄖ崀匸啥傚嗺

勿墠ㄨ┣ 宦勢尉她 DCT/⇐DTA⇐DCT/-DTA匸啥卻慲蠶(有)儳へ┓ 二咕寁忏偕劂┻ 暨N<. ,. 3暻蠶勿墠nm娀媲宦她┐ 憇匸啥优呉呜撣╝ 傚埡宦kℓ咱蠶(有)儳へ二咕寁忏偕劂┻ 暨N: . ,. 3暻⇑ 俏彙 /暺

彙 / 勿墠ㄨnm┣ 宦岤ㄖ崀匸啥傚嗺

宦ㄨ	DCT/暨J 暻		DTA暨J 暻		DCT/-DTA暨# 暻	
	勿墠ㄨ	勿墠nm	勿墠ㄨ	勿墠nm	勿墠ㄨ	勿墠nm
娀媲宦暨I; 1. 暻	/,62 ¤ . ,02	0,32 ¤ . ,02	0,04 ¤ . ,00	1,. 5 ¤ . ,05	30,12 ¤ 0,07	50,01 ¤ 1,11
傚埡宦暨I; 1. 暻	/,67 ¤ . ,0/	0,17 ¤ . ,01	0,06 ¤ . ,01	0,63 ¤ . ,0.	30,33 ¤ 0,05	47,4/ ¤ 2,27
r	. ,637	0,250	. ,122	1,364	. ,135	0,345
N	. ,172	. ,. /4	. ,510	. ,. . /	. ,501	. ,. /1

0,0 勿墠nm┣ 宦崨勀勿墠崀ㄇμℓ唚塺傚嗺

勿墠nm娀媲宦伉悅ノ崼鞶⇐㊉ㄇ侚墠⇐慱ㄩ他宦⇐┓ 嵑彐┳ 号嗓吤揖她崨勀勿墠μℓ唚塺优呜帡撣╝ 傚埡宦暨N: . ,. 3暻⇑ 俏彙 0暺

彙 0 勿墠nm┣ 宦崨勀勿墠崀ㄇμℓ唚塺傚嗺

宦ㄨ	悅ノ崼鞶暨# 暻	㊉ㄇ侚墠暨# 暻	慱ㄩ他宦暨# 暻	┓ 嵑彐┳ 号嗓暨# 暻
娀媲宦暨I; 1. 暻	05 暨7. ,. . 暻	03 暨61,11暻	01 暨54,45暻	04 暨64,45暻
傚埡宦暨I; 1. 暻	/7 暨41,11暻	/5 暨34,45暻	/3 暨3. ,. . 暻	/6 暨4. ,. . 暻
V^0	3,741	3,. 57	2,371	3,233
N	. ,. /3	. ,. 02	. ,. 10	. ,. 0.

0,1 勿墠ㄨnm┣ 宦攉囊恺扉傚嗺

庹埘伉勿墠咘┤冗僈ㄨ┣ 宦勢尉她攉囊恺扉GHz揹忯乙情kℓ暨N<. ,. 3暻蠶┘ 寀勿墠优澤ㄖ┓ 号亂蠶♩傚嗺勿墠nm她kℓ咱匸啥蠶娀媲宦她処墠ゃ丹⇐攉墠ゃ丹⇐堜恺攉囊⇐婚♂デ孳忯乙嗺傚埡宦咍撣暨N: . ,. 3暻⇑ 俏彙 1暺

彙 1 勿墠ㄨnm┣ 宦攉囊恺扉傚嗺

组别	心理健康（分）		生理健康（分）		物质生活（分）		社会关系（分）	
	护理前	护理后	护理前	护理后	护理前	护理后	护理前	护理后
研究组（n=30）	9.10±3.32	16.80±2.37	9.35±3.39	16.65±3.41	9.13±3.38	15.76±3.30	9.09±3.18	16.68±3.34
对照组（n=30）	9.26±3.38	15.40±2.43	9.41±3.35	15.01±2.74	9.26±3.29	14.11±2.96	9.21±3.21	14.87±3.46
t	0.185	2.259	0.069	2.053	0.151	2.039	0.145	2.061
P	0.854	0.028	0.945	0.045	0.881	0.046	0.885	0.044

3 讨论

劒剃捭佺剃岤夬夼她ｶﾛ壟←ｶﾛ僈└ 芻尉岤ピ喪艸关垆⇐ 丹廛奶戢└ 廛奶戢侮录偊伉俱ｺ她デ屾剃馨ﾝ劒剃垠失ｱﾙ⁻ 关凅中嘐憺侍ｶﾛ壟卞 ⅄ 馨傝崠そ侜慮媝ｱﾙ⁻侜馨宵扁ｾﾝ卞嘐憺彙妄宦宪冽励畚夸馨ｶﾛ僈┳ 任偯剃嘐憺捭佺ｸﾚ⇑ 劒剃捭佺剃岤夬夼刚剃—扇咱♂侈—ｾﾝ卞嘐憺彙妄宦宪她畚夸馨嘐憺┤ 扇尔┼ 冰剃扁丅墇嚶岨馨瓨宫卞偾岤偳恍馨家ｶﾛ龢mV頀嫙馨粖㊦芻尉她壟一脩ダ⁽ᵛᵀ⁾⇑ 壯⅃ 怎夼噤夔log咱坛抄⇐ 偊伉夼剋ｱﾙ⁻侜她搢搁馨劝▾ 佯噤夔摘嗯┳ 芻尉戺丨嫇偕孳寁她勿墠兟拒劂┗ 扇侧⇑孤寀卄勿墠呖嚀ﾍﾊ戺丅她┆ 嫊慄慮后μℓGHz嫊悚在偳墇冱卄㈠× 她勿墠喤窅馨呐傚嘴㊝寁勿墠扁徿馨孤寀卄勿墠傚勿墠媝ｸGHz┤ 寀嵛慆┳ デ噻馨nA▾ 娩こ芻尉／ ｾﾝ☞恺←■ 剃卄她咘┤馨│扁┳ 噤夔俅偯嵑剃佢娘ᵛ·ᶠ⇑ 咤嗂娀媲┤ ▾ 孤寀卄勿墠傚嘴兑循勿墠ｶﾛ墇馨勿墠nm娀媲宦她 DCT/⇐DTA⇐DCT/-DTA 匚啥优吳呜撣⅃ 傚埡宦kℓ咱暨Nt .,. 3暩馨壯嗔nA徨孤寀卄勿墠傚芻尉岤ㄒ 峎号亂她ぇ懘叼哖咍呜帡馨媲ナ啾咤馨孤寀卄勿墠徥嘪勿墠■ Gy俱ｺデ噻芻尉妠デ壟一⊡凌└ 夼剋她号ｾﾝ剋ル馨兟慄慮峻窅龢mV忕宦兎ㄴ芻尉戺(E)岤ㄒ峎⇑ﾒﾊ伉咤嗂娀媲┤ 慶ｶﾛ墇馨勿墠nm娀媲宦伉帨ノ崌搫←㊉ｶ侚墠←慱ㄴ忕宦←┐ 嵑彐┳ 号嗓吤揖她崕勁勿墠μℓ唚塺优呜帡撣⅃ 傚埡宦暨Nt .,. 3暩馨kℓ呀娀媲宦她处墠ゃ丹←壟墠ゃ丹←堜恺壟囊←婚♂デ孳忯ｺ嘴傚埡宦咍撣暨Nt .,. 3暩馨忄偳孤寀卄勿墠nA▾ 兎ㄴ芻尉戺(E)崕勁勿墠峎ｶﾛ馨咕└⅃ ナ毘ｸﾗ哈俍她壟囊恺扉⇑ ㊉伶ｺ哑馨孤寀卄勿墠徥嘪勿墠■ Gy家μℓ芻尉二⊡剋ル┳ ナ懘彐ゃ丹偷吃馨o匡夬夼└ 噤夔妠デピ傃⇐ 撙搫←吵兑壟囊噻劂╚ 揹嫽馨咕└⅃ 戺撣芻尉傚夬夼忒姬嚶兟馨寰徼芻尉她别剭←埔庬嫽恶揖剋寋馨啀嫐嵑俍她噤夔ざ処暩扁撙搫└ 噻劂╚ 揹她勿墠nA▾ 兎ㄴ芻尉ノ励嵑俍她壟囊┼ 剴馨戺撣ナ崕慡她勿墠劂忱└ 峎ｶﾛ馨一傥摴搁伶學馨ぇ懘丹侜└ 戺撣壟囊恺扉馨勍▾ 孤寀卄勿墠咕慆俍她┳ 六即全【壨◐ へ⇑

4 结束语

寬┐ 勍憇馨劒剃捭佺剃岤夬夼刚剃—扇咱偳否孤寀卄勿墠傚芻尉岤ㄒ峎号亂咕ぇ懘× 壨馨ℓ呀慶峎戺她崕勃勿墠峎ｶﾛ馨┤ ▌ 峎—击丹侜馨慶咕└⅃ ナ毘ｸﾗ哈俍她壟囊恺扉⇑

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慄応× 尉暺

捷嵹暨1978.11暩馨佶馨嘭馨嗥嶉■ 馨咤媥馨┳ 嬝勿儽馨娀媲吤cm暺劒剃捭佺剃岤夬夼刚剃—扇咱⇑