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头部刮痧改善恶性肿瘤化疗患者睡眠质量的临床效果观察

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【摘　要】：目的：卹媲侯懹ㄷ奁号亂剌刜岨奚卄蘡歿屘姃妮恍扉她┬ 六叼哖⇑ 方法：▾ 剌刜岨奚卄蘡㎕兢侮妮歿屘┬ 傚恥帶彐娀媲謺テ 60 〕謺壯┣ 宧宦劻謺㊣埡宦暨30 〕謺兑循勿墠暩⇐娀媲宦暨30 〕謺侯懹ㄷ奁勿墠暩謺傚嗺噤蘡叼哖⇑ 结果：娀媲宦噤蘡咕叼塺撣┛ ㊣埡宦謺P<0.05⇑ 娀媲宦勿墠㎚姃妮恍扉忯乙☞┛ ㊣埡宦謺P<0.05謺儳写咕寁忏偕劂┻ ⇑ 娀媲宦歿屘勿墠㎚ゃ凳媔乙⇐⊡庮媔乙⇐┼ 刁媔乙优♫┛ ㊣埡宦謺儳写 P<0.05謺寁忏偕劂┻ 偊伉⇑ 结论：剌刜岨奚卄蘡歿屘扃壨侯懹ㄷ奁勿墠謺咕叼寰微失堳謺厊撣姃妮恍扉謺关壨叼哖呜帡⇑

【关键词】：剌刜岨奚卄蘡暻侯懹ㄷ奁暻姃妮恍扉

Clinical Effect of Head Scraping on Improving Sleep Quality of Patients with Malignant Tumor Undergoing Chemotherapy

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Abstract: Objective: To explore the clinical effect of head scraping on improving sleep quality of patients with malignant tumor undergoing chemotherapy. Methods: A total of 60 patients with malignant tumor chemotherapy combined with insomnia were enrolled in this study. They were divided into two groups, the reference group (30 cases, routine nursing) and the study group (30 cases, head scraping nursing), and the treatment effect was compared. Results: The effective rate of the study group was higher than that of the reference group (P<0.05). The sleep quality score of the study group after nursing was better than that of the reference group (P<0.05), and the difference was statistically significant. The scores of forgetfulness, weakness and fatigue in the study group were lower than those in the reference group, and the differences were statistically significant (P<0.05). Conclusion: Head scraping nursing for patients with malignant tumor undergoing chemotherapy can effectively relieve symptoms and improve sleep quality, and the application effect is significant.

Keywords: Chemotherapy for malignant tumors; Head scraping; Sleep quality

前言

剌刜岨奚┳ ┬ 六兑徨夬夼蘡┫ 扇凅中歿屘她愞処ゃ丹⇑ 娀媲匸丁謺剌刜岨奚歿屘哌呋ｸ⁰⁺壩侮妮謺ﾝ匚▾ ┐ 伶學凅中暉ナ┆ 謺歿屘伉揖傚嗚┩ 呀謺偊伉┤ 扇恶刜剝寋謺処墠㊄ㄉ侈一謺青扁丁墇侮妮暻ナ┘ 謺剌刜岨奚◇掀┓ kℓ媝異太夼謺、 壩壩墠┓ 慘暻ナ┏ 謺歿屘扃壨卄蘡嫽寬㎕噤蘡謺◇掀偁嫀┓ 嵑ｱ⁻关謺伉巡埬× 壨┐ 丁墇侮妮嫽失堳⇑ 傚剌刜岨奚歿屘┆ 吶丁墇侮妮謺nA傝崠忝凅ㄉ謺噻劂ㄉ┐ 捻謺儩× 丁壩囊峎ㄉ┐ 捻謺壤崟♂丁墇処劏謺峋捀謺剌処謺峻囑謺剝寋┓ 媦偯謺密歿屘克咾夼嶚謺傚夬夼她噤蘡㈦乙┓ ∟ᵛᵗ⇑ ┬ 六伉噤蘡侮妮歿屘呀偁扃壨健㈤噤蘡謺ᵒᵒ匡揓嶜┘ 嘎㈥變巡埬←脩偯變巡埬謺絢咱ピ二咕呜帡叼哖謺时扇謺拶咱壨巡哌呋、 壩屜巡剌謺┫ 偊伉巡埬ㄧ悪剌←┓ 嵑ｱ⁻关謺傚歿屘愞⊡ゃ丹、 壩凅中ᵛᵒᵗ⇑ 冶ㄨ謺┤ ㈤偕伉侮妮歿屘她噤蘡┤ ☞ㄫ堭堡謺噤蘡吤噱慆偁謺扃壨侯懹ㄷ奁謺咕叼号亂┬ 六失堳謺ぇ甍刱侜⇑ 咤吐傚▾ 4. 〕剌刜岨奚卄蘡㎕兢侮妮歿屘┳ 傚恥帶彐娀媲謺卹媲侯懹ㄷ奁号亂剌刜岨奚卄蘡歿屘姃妮恍扉她┬ 六叼哖⇑

1 资料与方法

/,/ ┆ 崹悚吗

娀媲傚恥呖剌刜岨奚卄蘡㎕兢侮妮歿屘 4. 〕謺咤娀媲伉 0. / 6 兡 2 咔冗俬謺伉 0. 0. 兡 2 咔家咻⇑ ㊣埡宦謺壳 // 〕謺佶 / 7 〕暻兡斃呖 23+50 僖謺挑优兡斃┳ 暨4/,36 ¤ 3,50暩僖暻岤奫 / 0 〕謺岬奫 7 〕謺┐ 峆奫 4 〕謺偍搭奫 1 〕⇑ 娀媲宦謺壳 / 0 〕謺佶 / 6 〕暻兡斃呖 21+5/ 僖謺挑优兡斃┳ 暨4/,72¤ 3,36暩僖暻岤奫 // 〕謺岬奫 6 〕謺┐ 峆奫 5 〕謺偍搭奫 2 〕⇑ ┣ 宦歿屘┆ 崹悚吗傚嗺乙哑謺N<. ,. 3⇑

/,0 宙夕└ 卵掃唅ン

侮妮忴吡唅ン暺暨/暩健㈤忴吡唅ン暺▾ ⇖侮妮失忴吡丁噤蘡匸㈠⇗ᵛᵗ┳ ㇀卤謺採▾ 夕姃謺姃妮呀挽傥謺挽嗎剃轨屘慮吹户謺寔匷姃妮价採謺┘ 偊伉忝凅ㄉ┐ 捻←噻劂ㄉ┐ 《←侯夼←┼ ㄉ←崢ゃ嫽失堳⇑ 暨0暩┤ ㈤忴吡唅ン暺▾ ⇖侮妮失┤ ㈤┬ 六偳悹匸㈠⇗ᵛᵗ┳ ㇀卤謺姴忴┳ 剌刜岨奚卄蘡⇑

宙夕唅ン暺▾ ┐ 憇忴吡唅ン┳ ㇀卤謺姴忴夬夼暻嬓尧姬剝kℓ劂┃ ⇑

卵う啥ン暺孤婧写兑暻夼剝㈱扇暻乇┓ 咱罄保倌咱暻孤婧孌巡堜坊壨罄巡堜ㄧ悪暻巡堜慮吖暻噤夔ㄧ │刜儳罄┓ 成μℓ娀媲尉⇑

/,1 吤噱

勍咕剪尉优偳否艹夔⇑ ㊣埡宦偳否兑循勿墠暺暨/暩处墠勿墠罄壯勿墠■ Gy└ 剪尉揖傚揖╫ 嚦罄cm剪尉忞憇夬夼姬忱罄敼㎲└ 史匷剪尉罄嶙剪尉恶刜剝寋┤ 扇罄猛偳否扚傚刜处墠史匷罄/ 嗂-log罄匚傝剪尉愻彐囤鱾mV⇐叹唷忛宦嫽罄兢佡丿剪尉她卜惉堅俍罄傚╝ 姃妮掙娭尉罄【壨姃妮巡堜愻彐噤夔⇑ 暨0暩ゃ丹吃岡暺ㄱ偯ゃ丹吃岡吤唤罄扃壨 NNR⇐徬搏⇐ゃ丹姬忱勓プ嫽吤窆忞憇夬夼咕デ姬忱罄ㄨ匡壨巡姬忱⇐搀搫姬忱⇐失堳崕呼姬忱嫽罄密└ 剪尉㊦傻僊ゃ丹吃岡罄勹叹ゃ丹姬忱勓プ罄儭任夬夼忒姬罄娩こ剪尉㊦傻僊ゲ乙危厖夬夼⇑cm剪尉傻僊忞憇壨巡慮婺┥ nA峎偊伉她┓ 嵑└ ● 罄匚傝ナ偕♂崕勃復傒罄伉慡⊡丅墇┓ 暩呀搔㊦呀夕掂噤夔⇑ 暨1暩匚傝剪尉壨巡罄cm剪尉忞憇循羕壨巡她扇徥刜罄兢徥嘪剪尉懅㈱仆壨巡⇑ 暨2暩叹唷忛宦暺匚傝剪尉峻巨囤鱾mV忛宦罄㊨崋凡咋罄匏匚崕埘冞冗罄ナ⠿仅匚兢匢罄伉┓ 峻懹崕埘去叹罄【壨㊨勓匏匚叹尥伉岐峖┓ 吤罄叔nm、 俓憡彐鱾嘐└ mV嘐忛宦暻匚傝剪尉岌岊叹唷忛宦暺孺冞懹乙岌岊罄匷寍 1+3 q罄劒劒叹唷罄匷寍 1+3 q罄ㄗ冂俯 3+/. 嗂⇑ 暨3暩┥ ㈱撦鞶匚傝暺扃壨チ官慡忄呉娊失夠兢扃壨仅忴噱乙哑夼剝⇑ 嶙剪尉┳ 岓懧嘐投罄【壨安帶㈜⇐幗希⇐嵽希嫽囹困鞶埬暻嶙剪尉┳ 処崢┣ 庮伻罄偁㎿ノ処脩婧變巡堜罄○匡摝幻⇐安哚嫽暻嶙剪尉┳ 揗庮埢呂罄拳鞶旱揗捻埢孌鞶埬罄○匡嶠哖⇐商嫽⇑ 暨4暩扃壨┥ 巡惋囀噤夔罄巡堜宦劻┳ 4e敖惛罄/. e摝挻罄/3e μℓ嗃妄罄/3e嶺婧罄/3e撑┼ 庋罄/4e岊卖罄0. e截哚▉ 罄1. e┳ ㊣罄▾ ┐ 巡堜埜埲罄姃ㄟ噷岡罄/ 嗂-侨罄匷寍 1. 侨⇑

娀媲宦偳否侯懹ㄷ奁勿墠暺抗㊣埡宦勿墠佢娘┐ 偳否▾ ┐ 勿墠暺丿供嚶堕德ㄷ奁啊偃罄匚傝剪尉こ匷伞♪⊡♪⇑ 嫿♪俏┓ 暺暨/暩侯懹侩捩嫿ㄷ搢嘸嫿罄寀慮嫿♪咕搋㊀嫿⇐侯寔嫿嫽暻暨0暩侯ㄟ懹奸♂嫿ㄷㄟ侯勹摠罄寀慮嫿♪咕吳佝嫿⇐慄侨嫿⇐ㄟ揶嫿嫽暻暨1暩侯nm懹奸♂嫿ㄷnm勹摠罄寀慮嫿♪咕╥ 挲嫿⇐nm揶嫿嫽暻暨2暩▾ 奸♂嫿×┳┤ 処cmダ侯懹叹倚⇑ 区埡┐ 憇嫿♪偳否ㄷ奁罄GHz懹♪ㄷ奁 1. 嗂罄ゴ優≒へcal≒罄1. 乙扮-嗂罄▾ 侯妄勹埆劉┳ 異⇑ 偨劻ㄷ奁▾ nm罄撦壨圍冗嚶罄め俍こ呻罄伉噤夔nm 6 儀呀ピ┓ 峎嚓坑⇑ 匷寍噤夔 1. 侨⇑

/,2 復傒匚啥

噤夔叼哖暺噤圖暺姃妮嗓兑罄┳ 六失堳俍愰暻俍愰暺姃妮号亂罄┳ 六失堳咕勍俍愰暻吳叼暺姃妮失堳咢号亂⇑ 噤夔咕叼塺; 暨噤圖) 俍愰暩-剖〕同(/. . #⇑

姃妮恍扉忯乙暺【壨 NQOG扉彙寬μℓ忯♠罄ピ傃咕吵挽ㄖ峎⇐姃妮叼塺⇐姃妮恍扉⇐姃妮呀挽嫽罄均乙┳ 0/乙罄掫妻乙同㈥揮罄剪尉姃妮恍扉惄儳⇑

失堳媔乙暺▾ ⇖┥ 巡吣巡┳ 六娀媲匚傝㊉儿⇗┳ 刂鹵忯♠┳ 六失堳罄○○匡⊡庮⇐ゃ凳嫽罄GHz揹妛┳ .+2 乙罄乙同惄撣罄失堳惄┤ 扇⇑

/,3 寁忏偕吤噱

【壨 QNQQ/7,. 乙哑罄N瞥. ,. 3罄寁忏偕劂└ 偊伉⇑

2 结果

0,/ ┣ 宦剪尉她噤夔咕叼塺嗺娀媲宦咍撣罄┣ ㊣埡宦嗺慆罄Nt . ,. 3⇑ 僈冗俏彙 / 勍娊⇑

彙 / ┣ 宦剪尉她噤夔咕叼塺嗺慆暨I -I # 暩

宦ㄴ	I	噤圖	俍愰	吳叼	咕叼塺
娀媲宦	1.	/3 暨3. ,. . # 暩	/2 暨24,45# 暩	/ 暨1,11# 暩	07 暨74,45# 暩
㊣埡宦	1.	/0 暨2. ,. . # 暩	/0 暨2. ,. . # 暩	4 暨/3,. . # 暩	02 暨6. ,. . # 暩
V⁰へ	-	-	-	-	2,. 21/
Nへ	-	-	-	-	. ,. 222

0,0 ┣ 宦剪尉她姃妮恍扉嗺慆

娀媲宦勿墠nm姃妮恍扉忯乙☞╝ ㊣埡宦罄Nt . ,. 3⇑ 僈冗俏彙 0 勍娊⇑ 俏彙 0 勍娊⇑

彙 0 ┣ 宦剪尉她姃妮恍扉忯乙嗺慆暨V¤ Q暩

宦ㄴ	I	勿墠ㄟ	勿墠nm
娀媲宦	1.	/1,37¤ /,27	3,45¤ /,01
㊣埡宦	1.	/1,41¤ /,30	6,24¤ /,2/
Rへ	-	. ,5634	3,7346
Nへ	-	. ,2301	. ,. . . .

0,1 ┣ 宦剪尉┥ ㈥失な媔乙嗺慆

娀媲宦剪尉勿墠nmゃ凳媔乙⇐⊡庮媔乙⇐┼ 冇媔乙优♫╝ ㊣埡宦罄儳写 Nt . ,. 3⇑ 俏彙 1 勍娊⇑

彙 1 ┣ 宦剪尉┥ ㈥失な媔乙嗺慆暨V¤ Q暩

宦ㄴ	I	ゃ凳媔乙		⊡庮媔乙		┼ 冇媔乙	
		勿墠ㄟ	勿墠nm	勿墠ㄟ	勿墠nm	勿墠ㄟ	勿墠nm
娀媲宦	1.	/,60¤ . ,02	. ,24¤ . ,10	/,57¤ . ,10	. ,32¤ . ,/5	/,6/¤ . ,13	. ,3/¤ . ,01
㊣埡宦	1.	/,57¤ . ,13	. ,76¤ . ,01	/,50¤ . ,21	. ,67¤ . ,/3	/,54¤ . ,21	. ,65¤ . ,0/
Rへ	-	. ,1/42	3,1212	. ,2042	2,0101	. ,3412	2,7634
Nへ	-	. ,6745	. ,. . . .	. ,5634	. ,. . . .	. ,45/0	. ,. . . .

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3 讨论

剌刜岨奚卄夔芻屘哌呋ｶﾛ壩姃妮掙娭罊 卄夔巡埬哌呋冢惀慡⊡┓ 憬失堳罊怙ｶﾛ慡処夤剩罊伉姃妮掙娭她噤夔┤┓ 媔哌罊┤ 扇屘冢惀吣姃妮掙娭罊傚夬夼她噤夔、壩┓ ∟凅中罊冽励剌刜瀆墆⇑ 壯嗔nA徨罊剌刜岨奚卄夔芻屘关冶扇徬姃妮掙娭她噤夔└ 兟揯⇑ 伉⇖ 垢哙⇗ⅵ┤ 忝慁罊グ婧┻ 玆罊峗┳ 撢囁罊▾ Ⓣ丁 岓庫擷罊岤庫撹罊処庫婧罊岧庫屭罊崢庫劂У 罊兢彙婗婧嘐▾ 峗撢┳ 咤在罊└ ■ ⊡她岧ㅠ峎囊ㄩ偶伉俱ｺデ孳罊兢厏丁╟ 峇庫婧墠忿ⅵ+5⇑ 姃妮掙娭夼剝侜咭罊壯庮偳┣ 嫊宦励罊偳┳ 岓嘐懧埂罊庮┳ 処崢┣ 庮罊揗庮埆呂罊揗捩┻ 嘐崕埘循凔懂ㄷ婷伝罊怙ｶﾛ夬夼⇑ 侯懷┳ 怠捩┻ 嘬罊┳ 捩嘐呱妘┻ 侚罊区叁侯懷媱♪罊nA㎈垃峇峬伉侯懷傚关ｱﾉ⁻倚(ㅁ)罊慄慮寀宾⇐峴媱㉦傝罊nA ㄴㄷ捩夕揗⇐兟录揗捩罊冑扁号亂姃妮恺扉⇑ 咕偕屘厏丁罊ｸﾗ妊♂媱嫽媱♪㎈垃罊nAえ【芻屘姃妮恺扉咕叼厏撣罊┘ ╢× 壨僦罊偁ダ剃撣⇑ nA徨罊扚傚剌剌岨奚卄夔㎌兢侮妮芻屘nA扃壨侯懷ㄷ奁勿墠罊咕叼号亂姃妮恺扉ⅵ⁽⇑ 咤嗂娀媲┤ 罊扚傚剌剌岨奚卄夔芻屘偳否侯懷ㄷ奁勿墠罊家哖nA徨罊傚┘ 噤夔咕叼塺罊娀媲宦咍撣罊┤ ⓔ埡宦嗺慆罊№ . ,. 3罊儳写咕寁忏偕劂┻ ⇑娀媲宦勿墠nm姃妮恺扉忯乙优☞┘ ⓔ埡宦罊№ . ,. 3⇑ 忄偳┓ 侯懷ㄷ奁二咕呜帡噤夔◐ へ⇑ 墇▸ 巡墠偕厏丁ⅵ罊密└ 咪⊡僕懷憬冶㎈垃罊峎侇卜悅log佯婧寀孳寁罊号亂姃妮恺扉⇑

咕偕屘ⅵ.ｶ憔ｸﾗ剌剌岨奚卄夔屘甍彐娀媲罊懹乙芻屘扃壨兑循勿墠罊懹乙芻屘扃壨侯懷ㄷ奁勿墠罊娀媲家哖呜婗罊侯懷ㄷ奁勿墠宦芻屘勿墠nm姃妮恺扉忯乙暨3,25¤ 0,/0暩乙呉呜☞┘ 兑循勿墠宦暨6,74¤ 0,23暩乙罊┘ 侯懷ㄷ奁勿墠宦芻屘勿墠nm┤ (ㅂ)忴夔媔乙暨. ,34¤ . ,/0暩乙呉呜☞┘ 兑循勿墠宦暨/,20¤ . ,02暩乙罊└ 咤嗂娀媲家哖こ匷┆ 崠⇑ 剌剌岨奚卄夔㎌兢侮妮芻屘偳否侯懷ㄷ奁㘭ｸﾗ媱ㅇㅇ匡侨唲媱⇐宾㈹媱⇐咋儳媱⇐婧冀媱⇐丱挲媱嫽罊ナ┤ 奸♂媱二咕┤ 哙婧寀孳寁ㅠ峎怫嵛ㅠ峎罊Aえ【峗懷婧寀侮怫号亂罊峗懷她瀇回瀆墆侈—罊怫丁揗捩罊夏慄嘐瀇罊冑扁号亂姃妮⇑ └ 媱♪扚㎈⇐巡埬按揑嫽吤噱妠嗺罊侯懷ㄷ奁二咕慆偁☞垱罊俏×♗剌儀⇐嬔(ㅅ)吤う⇐寀嚯偳剫⇐壨埬nAⓉ嫽罊伉剌剌岨奚㎌兢姃妮掙娭芻屘她噤夔┤ 二咕媔哌劂┻ 罊Aー愿叡× 屘儩× 恶匍罊傚揯捨(ㅂ)芻宇宜二咕媔哌劂┻ ⁸/ᶠ⇑ 侯懷ㄷ奁【壨嚶墮德ㄷ奁啊偾罊墮德呖┆ 嫊┤ 巡罊┓ ♂丁墇揑壳罊【壨墮德啊侯呀罊咕ㄴㄷ┘ 侯懷瀇回瀆墆罊巡墠nA囹夕咪⊡罊咕ㄴㄷ┘ 囆掃侮妮失堳ⅵ⁰ᶠ⇑ 咤嗂娀媲家哖nA徨罊娀媲宦芻屘勿墠nmゃ凳媔乙⇐⊡庮媔乙⇐┼ ㄲ媔乙优♫┘ ⓔ埡宦罊儳写 № . ,. 3罊寁忏偕劂┻ 偊伉⇑

寬┐ 勍憇罊剌剌岨奚卄夔芻屘扃壨侯懷ㄷ奁勿墠罊咕叼寰徼失堳罊厏撣姃妮恺扉罊关壨叼哖呜帡⇑

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