

临床护理路径对急性心肌梗死患者影响的荟萃分析

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摘要:目的 对临床护理路径在急性心肌梗死(acute myocardial infarction, AMI)患者中的应用进行荟萃分析。方法 计算机检索 Pubmed、Elsevier、CNKI、CBM、万方数据库,收集运用临床路径护理 AMI 患者的随机对照研究,进行文献质量评价后,采用 Revman 5.1.2 统计软件进行分析。结果 共纳入文献 6 篇,病例共 523 例。临床护理路径组与传统健康教育组在患者平均住院时间($MD = -3.90, Z = 3.94, P < 0.01$)、平均住院费用($SMD = -4.09, Z = 3.79, P < 0.01$)、健康知识达标率 [$OR = 6.54, 95\% CI (2.80, 15.28), P < 0.01$]、满意率 [$OR = 5.27, 95\% CI (2.37, 11.72), P < 0.01$]、并发症发生率 [$OR = 0.25, 95\% CI (0.11, 0.59), P < 0.01$] 方面,差异均有统计学意义。结论 应用临床护理路径,可减少 AMI 患者住院时间及住院费用,提高患者健康知识达标率及满意率,降低患者并发症。但由于纳入文献总体质量不高,有待更多大样本的、多中心合作的、设计严谨的随机对照试验来进一步证实其有效性。

关键词:急性心肌梗死;临床护理路径;荟萃分析

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Effect of clinical care pathway on acute myocardial infarction patients: a meta-analysis (Shanghai Tenth People's Hospital, Tongji University, Shanghai 200072, China)

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Abstract: Objective To evaluate the effect of clinical care pathway on acute myocardial infarction patients. **Methods** Data from Pubmed, Elsevier, CNKI, CBM and Wanfang had been searched and all the randomized controlled trials on clinical care pathway in nursing of acute myocardial infarction patients were collected. The software Revman 5.1.2 was used to analyze the outcomes. **Results** Six randomized controlled trials comprising 523 cases were included. There were statistically significant differences between clinical care pathway group and conventional education group in hospital stay ($MD = -3.90, Z = 3.94, P < 0.01$), hospital cost ($SMD = -4.09, Z = 3.79, P < 0.01$), success rate of health education ($OR = 6.54, P < 0.01$), patient satisfaction ($OR = 5.27, P < 0.01$) and complication incidence ($OR = 0.25, P < 0.01$) in acute myocardial infarction patients. **Conclusion** Clinical care pathway can reduce hospital stay and hospital cost, improve success rate of health education and patient satisfaction, and decline complication incidence in acute myocardial infarction patients. However, because of the low quality of the included trials, the results should be confirmed by large-scale, multicenter and rigorous designed randomized controlled trials.

Key Words: Acute myocardial infarction; Clinical care pathway; Meta-analysis

急性心肌梗死(acute myocardial infarction, AMI)是冠心病中常见类型中严重性、危害性最大的。我国 AMI 的发病率逐年上升,死亡率高,2009 年我国城市居民 AMI 死亡率为 43.14/10 万^[1]。临床护理路径(clinical

care pathway)是临床护理管理的重要工具,国内外研究报道显示^[2-5],临床护理路径能提高护理质量、提升患者满意率及促进医疗资源有效利用,带来良好的经济效益和社会效益。但其确切的应用效果仍有争议。为进一步证实临床护理路径在 AMI 患者中的应用效果,本文对国内外公开发表的有关临床护理路径在 AMI 患者中应用的随机对照研究进行荟萃(Meta)分析,以期临床实践提供循证依据。

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