

上海市 2 级医院护士压疮护理知识掌握现状调查

汤培凤, 刘薇群, 葛津津, 陆佳韵

(上海市浦东新区周浦医院, 上海 201318)

摘要:目的 了解上海市部分 2 级医院护士压疮护理专业知识水平, 探索提高护士压疮知识培训效果的措施。方法 于 2012 年 11 月, 采用自行设计的临床压疮知识调查表, 对 3 所 2 级综合医院的 272 名护士进行调查, 内容包括压疮基本概念、压疮风险评估、预防及护理方法等, 共 48 题。结果 272 名护士压疮专业知识每题平均得分(0.65 ± 0.08)分; 其中正确率超过 80% 的条目 14 项, 正确率低于 50% 的条目 11 项。不同年龄段、职称、职务、工作年限、科室的护士群体, 其压疮专业知识掌握程度不同, 差异有统计学意义(P 均 < 0.05)。临床经验积累、医院培训和在校学习为护士获得压疮知识的主要渠道。结论 2 级医院护士压疮护理知识掌握较薄弱, 理论与实践操作均有待提升。管理者应积极探索有效的培训途径、方式和培训内容, 及时更新护士压疮知识, 提高护士压疮护理知识水平。

关键词:压疮; 护理知识; 2 级医院; 调查

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Knowledge level of pressure ulcers in nurses from secondary hospitals (Shanghai Pudong New Area Zhoupu Hospital, Shanghai 201318, China)

TANG Pei-feng, LIU Wei-qun, GE jin-jin, LU Jia-yun

Abstract: Objective To investigate the knowledge level of pressure ulcers in nurses from secondary hospitals in Shanghai, and to explore the measures to improve the training effects. **Methods** The self-designed clinical questionnaire about knowledge of pressure ulcers was used in November 2012 to investigate 272 nurses from three secondary hospitals in Shanghai. The survey included basic conception, risk evaluation, prevention and nursing of pressure ulcers. **Results** The average score was (0.65 ± 0.08) for each item. The correct rates of 14 items exceeded 80%, and 11 items below 50%. There were significant differences in the professional knowledge level of pressure ulcers among the nurses with different ages, professional titles, duties, working years and departments (all $P < 0.05$). The ways for nurses to get knowledge of pressure ulcers were limited. Accumulation of clinical experiences, hospital training and school learning were the main ways. **Conclusion** The nurses from secondary hospitals have poor knowledge level of pressure ulcers. Their theory and practical skills are yet to be improved. The supervisors should strengthen the nursing training of pressure ulcers, and explore effective training ways to improve nurses' level of knowledge, attitude and practice.

Key Words: Pressure ulcer; Nursing knowledge; Secondary hospital; Survey

压疮是临床常见并发症之一, 一般医院的发生率

为 2.5% ~ 8.8%, 甚至高达 11.6%, 住院老年患者发生率为 10.0% ~ 25.0%^[1-2]。压疮一旦发生, 不但增加患者痛苦, 同时也增加护理人员的工作量, 消耗大量的医疗资源。基于其危害性及严重性, 压疮历来是医疗及护理管理的一大重点。而护士的专业知识和及时的评估, 是影响压疮发生和发展的重要因素^[3-5]。本研究通过问卷调查, 了解上海市 2 级医院护士对压

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作者简介: 汤培凤(1967-), 女, 副主任护师, 本科, 主要从事护理管理工作。

通信作者: 刘薇群(1956-), 女, 主任护师, 本科, 主要从事护理管理工作。

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