

低年资护士机械通气护理强化培训的效果评价

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摘要:目的 探讨对低年资护士进行机械通气护理强化培训的效果。方法 选取 60 名临床工作 3 年以内的低年资护士, 进行机械通气护理理论与操作技能培训。将 2013 年培训的 30 名护士作为对照组, 采用常规培训, 将 2014 年培训的 30 名护士作为观察组, 进行强化培训。培训结束时对两组护士进行理论及操作考评, 并于培训结束 2 个月后进行机械通气护理临床实践能力的测评。结果 观察组护士机械通气护理理论和操作考试成绩以及临床实践能力测评结果均优于对照组, 差异有统计学意义 ($P < 0.05$)。结论 强化培训可显著提升低年资护士机械通气护理技能, 提高临床急救能力。

关键词:低年资护士; 机械通气; 强化培训

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Application of intensive training of mechanical ventilation nursing in junior nurses (Shanghai Third People's Hospital, Shanghai Jiao Tong University School of Medicine, Shanghai 201999, China)

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Abstract: Objective To explore the effectiveness of intensive training of mechanical ventilation nursing in the junior nurses. **Methods** Sixty junior nurses (working less than three years) received the training of mechanical ventilation nursing (including related theory and operational skills). Thirty nurses trained by traditional way in 2013 were set as controls. Another 30 nurses trained by intensive way in 2014 were enrolled in the observation group. The effects of two training models were evaluated by test scores of theory and operation skills. The clinical practice ability of mechanical ventilation nursing was examined two months after training. **Results** The scores of theory and operation skills and clinical practice ability in the observation group were higher than those in the control group (all $P < 0.05$). **Conclusion** The intensive training could significantly improve the nursing skills of mechanical ventilation in junior nurses. It is useful to enhance their critical care ability.

Key Words: Junior nurse; Mechanical ventilation; Intensive training

随着现代医疗技术的发展, 临床科室收治的急危重症患者日益增多, 需要护理人员熟练掌握各项急救护理技能。低年资护士进入临床后, 因缺乏实践经验, 在应对急危重症患者的抢救配合时不可避免地遇到护理上瓶颈。为进一步强化护士的急救护理技能, 我院护理部自 2014 年 1 月起对低年资护士进行了机械通

气护理强化培训, 取得了较好的效果, 现报道如下。

1 对象与方法

1.1 对象 选取我院内科、外科以及急诊科入院 3 年以内的低年资护士 60 名进行为期 4 个月的机械通气护理理论及操作技能的培训。将 2013 年参加培训的 30 名护士作为对照组, 2014 年参加培训的 30 名护士作为观察组, 两组护士年龄、学历、培训前的理论及操作考核成绩等一般资料对比, 差异无统计学意义 ($P > 0.05$), 具可比性。

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