

标准化术前访视在心脏外科手术患者中的应用

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摘要:目的 探讨标准化术前访视模式在心脏外科手术患者中的应用效果。方法 选择 2013 年 1—9 月收治于上海交通大学医学院附属瑞金医院的心脏外科择期手术患者 100 例, 随机分为观察组和对照组各 50 例, 观察组采用标准化术前访视, 对照组采用常规术前访视。采用焦虑自评量表(SAS)评价患者焦虑程度, 比较两组患者访视前、入室后 5 min SAS 评分以及心率、血压水平。结果 两组患者访视前 SAS 评分比较无差异($P=0.617$)。两组患者入室后 5 min SAS 评分均低于访视前(观察组 $P=0.001$, 对照组 $P=0.014$)。与对照组患者入室后 5 min 相比, 观察组患者入室后 5 min SAS 评分更低($P=0.046$)。观察组入室后 5 min 与术前 1 d 相比, 血压和心率无明显变化(收缩压 $P=0.734$, 舒张压 $P=0.375$, 心率 $P=0.502$)。对照组入室后 5 min 血压、心率明显高于术前 1 d(收缩压 $P=0.001$, 舒张压 $P=0.003$, 心率 $P=0.003$)。结论 标准化术前访视模式可以有效降低心脏外科择期手术患者焦虑程度及生理应激水平。

关键词:心脏外科择期手术; 标准化; 术前访视

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Application of standardized preoperative visit in cardiac surgical patients (Ruijin Hospital, Shanghai Jiao Tong University School of Medicine, Shanghai 200025, China)

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Abstract: Objective To explore the application of standardized preoperative visit in cardiac surgical patients.

Methods A total of 100 patients scheduled to receive cardiac surgery in Ruijin Hospital, Shanghai Jiao Tong University School of Medicine were selected from January to September 2013. They were randomly and equally divided into two groups. The test group received standardized preoperative visit, and the control group received normal preoperative visit. The anxiety was analyzed by Self-Rating Anxiety Scale (SAS). The scores of SAS, heart rate and blood pressure before visit and 5 min after entry into operation room were analyzed. **Results** No significant differences were found between the two groups in the scores of SAS before visit ($P=0.617$). The scores of SAS at 5 min after entry into operation room in the two groups were lower than that before visit ($P=0.001$ for the test group, $P=0.014$ for the control group). And the score of SAS at 5 min after entry into operation room in the test group was lower than that in the control group ($P=0.046$). In the test group the heart rate and blood pressure at 5 min after entry into operation room were not significantly different from that 1 d before operation, and the indexes in the control group were significantly higher compared with 1 d before operation ($P<0.05$). **Conclusion** The standardized preoperative visit is helpful for reducing anxiety level and physiological stress in elective cardiac surgical patients.

Key Words: Elective cardiac surgery; Standardization; Preoperative visit

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手术无论其大小, 均在一定程度上被人们视为生活中的负性事件。这一应激源可以使患者产生程度不一的应激反应, 如心率加快、血压升高、焦虑、恐惧和睡