水胶体敷贴对静脉输液外渗致皮下淤血的效果观察

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摘要:目的　探讨水胶体敷贴对静脉输液外渗所致皮下淤血的效果。**方法**　选择 2012 年 11 月—2013 年 11 月收治于同济大学附属杨浦医院因静脉输液外渗致皮下淤血患者 60 例, 随机分为观察组和对照组各 30 例。皮下淤血发生后的第 2 天开始, 对照组采用 50% 硫酸镁溶液浸透纱布局部湿敷, 观察组采用水胶体敷贴外敷, 观察两组患者皮下淤血的面积、疼痛度及淤血消退时间。**结果**　观察组皮下淤血的消退速度明显快于对照组, 对照组在治疗后 5 d 内的疼痛程度评分明显高于观察组, 两组比较差异均有统计学意义($P<0.05$)。**结论**　水胶体敷贴对在静脉输液外渗所致的皮下淤血能有效改善淤血程度, 缩短淤血消退时间, 且减轻疼痛。

关键词: 静脉输液外渗; 皮下淤血; 水胶体敷贴; 效果

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Therapeutic effect of hydrocolloid dressings on subcutaneous ecchymosis caused by intravenous infusion extravasation

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Abstract: Objective　To evaluate the therapeutic effect of local application of hydrocolloid dressings on subcutaneous ecchymosis caused by intravenous infusion extravasation. **Methods**　A total of 60 patients with subcutaneous ecchymosis caused by intravenous infusion extravasation in Yangpu Hospital, Tongji University were selected from November 2012 to November 2013. They were randomly and equally divided into the experimental group and the control group. On the second day after formation of subcutaneous ecchymosis, the control group was treated with traditional hydropathic compress with magnesium sulfate and the experimental group was treated with local application of hydrocolloid dressings. The area of ecchymosis, degree of pain and fading time of ecchymosis were analyzed. **Results**　The fading speed of subcutaneous ecchymosis in the experimental group was faster than that in the control group ($P<0.05$). And the pain score in the control group was higher than that in the experimental group 5 d after treatment ($P<0.05$). The average fading time of subcutaneous ecchymosis was (6.60 ± 1.28) d and (11.63 ± 2.06) d in the experimental group and the control group, respectively. **Conclusion**　Hydrocolloid dressings has prefect therapeutic effect on subcutaneous ecchymosis caused by intravenous infusion extravasation.

Key Words: Intravenous infusion extravasation; Subcutaneous ecchymosis; Hydrocolloid dressing; Effect

静脉输液是基础护理操作的重要内容, 也是临床上主要的给药途径之一[1]。据统计, 临床上超过 85% 的住院患者都会接受静脉输液治疗[2]。而老年患者接受静脉输液的比例更高, 老年患者生理功能处于退行性状态, 皮肤老化、皮下组织疏松、血管脆性大、弹性小, 高龄老年人由于耳背, 视力下降, 行动不便等特点, 容易发生静脉输液拔针后按压不当造成的皮下淤血, 从而感到疼痛, 同时, 也影响血管的清晰度, 给下一次穿刺带来困难, 既增加了患者的痛苦, 同时也增加了护士的工作量[3]。由于发生皮下淤血的过程中, 可能会

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