

延续护理对肿瘤患者术后化疗期间生活质量的影响

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摘要:目的 探讨延续护理对消化道恶性肿瘤患者术后化疗期间不良反应发生和生活质量的影响。方法 选取2013年1月—2014年7月在深圳市人民医院住院的消化道恶性肿瘤术后需化疗患者135例,随机分为观察组和对照组。对照组65例,采用常规护理模式。观察组70例,采用延续性护理模式,在化疗前、化疗结束后及下一次化疗前给予详细的健康教育指导。两组患者均采用简明健康状况调查量表(SF-36)评估生活质量,观察化疗的主要不良反应(胃肠道反应、骨髓抑制、黏膜炎、神经毒性、肝肾功能损害)的程度,比较两组患者生活质量、不良反应程度和护理满意度。结果 两组患者均接受化疗6个周期,观察组SF-36量表中的生理功能、生理职能、躯体疼痛、心理功能和心理职能评分均显著高于对照组,差异有统计学意义($P < 0.05$)。观察组不良反应发生情况显著低于对照组($P < 0.5$);但在减少神经毒性、肝肾功能损害方面,两组比较差异无统计学意义($P > 0.5$)。观察组患者护理满意度亦显著高于对照组,两组比较差异有统计学意义($P < 0.5$)。结论 采取延续性护理措施,可减少消化道恶性肿瘤患者术后化疗期间的不良反应,减轻患者的痛苦,使化疗顺利进行,有利于提高患者的生活质量。

关键词:消化道恶性肿瘤;化疗;生活质量;不良反应;延续性护理模式

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Effect of continuous nursing on quality of life of digestive tract malignant tumor patients with postoperative chemotherapy (Shenzhen People's Hospital, Shenzhen 518000, China)

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Abstract: Objective To study the effect of continuous nursing on quality of life of digestive tract malignant tumor patients with postoperative chemotherapy. **Methods** A total of 135 cases of digestive tract malignant tumor with postoperative chemotherapy were selected from Shenzhen People's Hospital from January 2013 to July 2014. They were randomly divided into the control group ($n = 65$) and observation group ($n = 70$). The control group received routine nursing. The observation group received continuous nursing. The patients were investigated with Short-Form 36 Health Survey (SF-36) to assess the quality of life. The main adverse effects were observed. **Results** All the patients underwent 6-week chemotherapy. The SF-36 scores of physiological function, physiological role, body pain, psychological function and psychological role in the observation group were significantly higher than those in the control group ($P < 0.05$). The incidence of adverse effects in the observation group was significantly lower than that in the control group ($P < 0.05$). But there were no significant differences in relieving neurotoxicity and damage to liver and kidney function between the two groups. The observation group had higher degree of satisfaction than the control group ($P < 0.05$). **Conclusion** Continuous nursing can significantly improve the quality of life of digestive tract malignant tumor patients with postoperative chemotherapy, relieve their pain and improve the nursing quality.

Key Words: Digestive tract malignant tumor; Chemotherapy; Quality of life; Adverse effect; Continuous nursing