

# 含液吸痰管在老年患者置管吸痰中的应用

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**摘要:**目的 观察含液吸痰管对老年患者经口/鼻置管与吸痰的效果。方法 选择 2013 年 7 月—2014 年 7 月在武汉大学中南医院需经口/鼻吸痰的住院患者 100 例, 随机分为观察组和对照组各 50 例, 对照组采用常规吸痰管置管, 观察组采用满含无菌生理盐水的吸痰管置管。观察两组在一次性成功置管、有效置管操作时间、黏膜损伤和患者耐受方面的情况。结果 观察组在一次置管成功率、缩短置管操作时间、减少黏膜损伤和提高患者耐受方面与对照组比较, 差异有统计学意义( $P < 0.05$ )。结论 采用吸痰管内满含无菌生理盐水置管方法能提高置管的成功率, 缩短操作时间, 且不良反应少, 患者易于接受。

**关键词:**老年患者; 置管; 含液吸痰管; 效果

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**Effect of sputum suction tube full of sterile saline on sputum suction in elderly patients** (Zhongnan Hospital, Wuhan University, Wuhan 430071, China)

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**Abstract: Objective** To study the effect of sputum suction tube full of sterile saline on sputum suction in elderly patients. **Methods** A total of 100 elderly patients who need sputum suction via mouth/nose were selected from Zhongnan Hospital, Wuhan University from July 2013 to July 2014. They were randomly and equally divided into the control group and experimental group. The conventional sputum suction tube was used in the control group, and the modified sputum suction tube full of sterile saline was used in the experimental group. The one-time successful intubation, effective intubation time, mucosa damage and patient tolerance were compared between the two groups. **Results** Compared with the control group, the experimental group had higher one-time success rate of intubation, shorter intubation time, less mucosa damage and higher patient tolerance ( $P < 0.05$ ). **Conclusion** The modified sputum suction tube full of sterile saline can improve one-time successful intubation, shorten intubation time, and decrease adverse effects.

**Key Words:** Elderly patient; Intubation; Sputum suction tube full of sterile saline; Effect

经/口鼻吸痰技术是一项侵袭性的护理操作, 主要是通过经口腔或鼻腔插入吸痰管刺激患者咳嗽, 使吸痰管进入气道进行吸引, 利用负压将气道内分泌物吸出, 改善因痰液淤滞造成的缺氧、窒息、感染加重等病情, 从而保持呼吸道通畅的一种重要护理技术。适用于无力咳嗽、排痰的患者<sup>[1]</sup>。老年患者肺部疾病发生率高, 排痰能力弱, 因此, 经口/鼻吸痰吸痰术在临床老年患者中应用较广, 且老年患者配合能力下降<sup>[2-3]</sup>。为

了达到满意的吸痰效果, 只能靠护士的经验, 没有一定的经验与技巧往往难以达到预期效果。我们采用含液吸痰管在老年患者置管与吸痰中应用, 取得了较好效果, 现报道如下。

## 1 对象与方法

1.1 对象 选取 2013 年 7 月—2014 年 7 月入住我院综合医疗科的老年患者 100 例。入选条件: 年龄 70 ~ 95 岁, 平均年龄 78.5 岁。其中, 老年痴呆 35 例, 脑梗死 3 例, 肺部感染 20 例, 吸入性肺炎 23 例, 胃癌放疗