

链式管理理念在农村 2 型糖尿病患者教育中的运用

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摘要:目的 探讨链式管理理念在农村 2 型糖尿病患者教育中的运用效果。方法 以上海市金山区张堰镇 2 型糖尿病患者为研究对象, 2013 年 1—5 月的 76 例患者为对照组, 2013 年 7—11 月的 76 例患者为观察组。观察组运用链式管理理念对社区护士及农村糖尿病患者进行逐层教育, 对照组给予常规教育。比较两组患者受教育前后的糖尿病知识水平、自我管理能力的改变、患者糖化血红蛋白下降值及满意度情况。**结果** 接受健康教育后, 两组患者的糖尿病知识水平及自我管理能力均有所改善, 组间比较差异有统计学意义 (P 均 < 0.05); 且观察组患者受教育后糖化血红蛋白下降值及满意度均明显优于对照组 (P 均 < 0.01)。**结论** 运用链式管理的理念对农村 2 型糖尿病患者进行教育, 能明显改善患者糖尿病知识水平、自我管理能力和糖化血红蛋白水平及教育满意度。

关键词: 2 型糖尿病; 社区护理; 健康教育; 链式管理

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Application of chain management in diabetic education among type 2 diabetes mellitus patients in the countryside (Jinshan Hospital, Fudan University, Shanghai 201508, China)

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Abstract: Objective To explore the effect of chain management in diabetic education among type 2 diabetes mellitus (T2DM) patients in the countryside. **Methods** A total of 152 T2DM patients chosen from the countryside were divided into the experimental group ($n = 76$, enrolled from July to November 2013) and control group ($n = 76$, enrolled from January to May 2013). Diabetic education with chain management was applied in the experimental group. And the control group received the conventional oral education. Then the level of DM knowledge, ability of self-management, level of glycosylated hemoglobin and degree of patient satisfaction were compared. **Results** After education, the level of DM knowledge and ability of self-management were improved in both groups. And there were significant differences between the two groups ($P < 0.05$). Compared with the control group, the degree of patient satisfaction was higher and the level of glycosylated hemoglobin declined significantly in the experimental group ($P < 0.01$). **Conclusion** The application of chain management in diabetic education can significantly decrease the level of glycosylated hemoglobin, and improve the level of DM knowledge, ability of self-management and degree of satisfaction of T2DM patients.

Key Words: Type 2 diabetes mellitus; Community nursing; Health education; Chain management

2010 年新英格兰杂志上曾有文章报道中国糖尿

病患率已跃居世界第一^[1]。且中国成人糖尿病患者中, 农村与城市发病人数几乎持平^[2]。然而与城市患者相比, 目前农村 2 型糖尿病患者糖尿病知识掌握情况较差、自我管理尚不理想^[3], 社会支持度处于较低水平^[4]。链式管理是指以一个个环节为管理对象, 以保持每个环节的有效连续性为管理目的的管理活

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