

· 论 著 ·

胸外科术后监护室患者不适状态的调查与分析

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摘要:目的 调查胸外科术后重症监护室(intensive care unit, ICU)患者不适状态及其对患者日常生活的影响。方法 选取同济大学附属上海市肺科医院2014年5月—2015年5月入住ICU时间 ≥ 24 h的220例ICU住院患者,采用自制不适状态问卷展开调查,并对结果进行分析。结果 ICU患者不适发生比例最为频繁的症状依次是疼痛、疲乏、恶心呕吐、口干和咳嗽等,发生率在52.27%以上。不适强度最为显著的症状依次是疼痛、焦虑、活动受限、咳嗽、疲乏和希望陪护等,强度在中度及以上水平,其中以疼痛最为显著。结论 患者入住ICU期间不适体验发生频率较高、程度重,严重影响患者的生活质量。护士应及时准确地对患者的不适进行评估,积极对不适进行管理与控制,有利于患者的早日康复。

关键词:重症监护室;不适状态;调查

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Investigation and analysis of discomforts after thoracic surgery experienced by intensive care unit patients (Shanghai Pulmonary Hospital, Tongji University, Shanghai 200433, China)

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Abstract: **Objective** To investigate the discomforts after thoracic surgery experienced by intensive care unit (ICU) patients and the influence on quality of life of patients. **Methods** A total of 220 critically ill patients who stayed in ICU for ≥ 24 h in Shanghai Pulmonary Hospital, Tongji University from May 2014 to May 2015 were included. The self-designed questionnaire was used to investigate the discomforts experienced by patients. **Results** The most frequent discomforts occurred in ICU were as follows: pain, fatigue, nausea and vomiting, dry mouth, cough, etc. Their occurrence rates were above 52.27%. The intensity of discomforts were as follows: pain, anxiety, restricted movement, cough, fatigue, hoping to escort, etc. The intensities of discomforts were at moderate or above level. The discomfort with highest intensity was pain. **Conclusion** The incidence of discomforts in ICU patients is high, and the intensity is also high. The discomforts significantly influences the quality of life of patients. The nurses should assess the discomfort experience of patients timely and accurately, and manage and control the discomforts actively, to improve the quality of life of patients.

Key Words: Intensive care unit; Discomfort experience; Investigation

重症监护室(intensive care unit, ICU)主要收住病情危重患者,多数医院的ICU均实施无陪护封闭式管理,患者进入ICU后,由于饱受疾病的痛苦和缺乏亲人的陪伴,面对陌生的环境及频繁的医疗护理操作,清醒

的患者会感受到明显的不适^[14]。相关调查显示,ICU患者疼痛、焦虑、睡眠障碍等不适体验发生率^[1]。这些不适可延长患者住院时间、增加医疗费用,甚至危及生命。我院ICU主要收住胸外科术后患者,其中以肺癌术后患者居多,麻醉苏醒后患者多处于清醒状态。本研究通过自制的不适状态量表对术后监护室患者展开调查,旨在了解其入住ICU期间的不适状态,以指引护理人员能更精准的进行护理。

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