

不同俯卧位安置法在脊柱外科手术中的应用

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摘要:目的 观察两种不同俯卧位安置法在脊柱外科手术中的应用效果。方法 选择2012年1月—2014年8月在广东省中山市小榄人民医院行脊柱手术患者80例,按手术日期先后顺序分为观察组和对照组各40例,观察组患者采用在平车上麻醉,罩上自制的头面部枕后由医护人员共同将其轴线滚动至放有体位垫的手术床上,完成俯卧位安置(轴线翻身法);对照组患者采用在手术床上麻醉后由医护人员协助其翻转成俯卧位,再垫上体位垫,完成俯卧位安置(传统翻身法)。比较两组患者体位安置所需的时间、各种导管脱落情况及术后皮肤受压状况(包括皮肤压痕、红斑、水疱、破损等)。结果 观察组体位安置时间平均(8.43±1.21) min,对照组平均(13.78±1.38) min;观察组发生导管连线脱落2例,对照组8例;观察组患者发生皮肤受压状况12例,对照组发生30例,两组比较,差异均具有统计学意义($P < 0.05$)。结论 脊柱手术中采用轴线滚动俯卧位安置法可有效缩短患者体位安置时间、减少体位并发症的发生,并有效防止导管等的脱落,从而达到保护患者安全的目的。

关键词:脊柱手术;俯卧位;体位安置法

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Application of two prone position setting methods during spinal surgery (Xiaolan People's Hospital of Zhongshan, Zhongshan 528415, China)

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Abstract: Objective To observe the application effects of two prone position setting methods during spinal surgery. **Methods** A total of 80 cases with prone position spinal surgery in Xiaolan People's Hospital of Zhongshan from January 2012 to August 2014 were chosen. They were divided into the observation group and the control group according to the date of surgery (40 cases in each group). The patients in the observation group were anesthetized in the flat car. The prone position was completed by medical staff through rolling along the axis to the bed with position mattress after hooding the self-made facial pillow (referred to as the axis rolling method). The patients in the control group were turned to prone position by the medical staff after anesthesia in the operation bed, and then the mattress was placed (referred to as the traditional method). The time of prone position setting, catheter shedding and skin compression (including skin indentation, erythema, blisters, damage, etc.) between the two groups were compared. **Results** The time of prone position setting was (8.43±1.21) min in the observation group and (13.78±1.38) min in the control group. There were 2 cases with catheter shedding in the observation group and 8 cases in the control group ($P < 0.05$). There were 12 cases with skin compression in the observation group and 30 cases in the control group ($P < 0.05$). **Conclusion**

The axis rolling method can effectively shorten the time of prone position setting, reduce the complications, and prevent the catheter shedding, so as to improve the safety of patients.

Key Words: Spinal surgery; Prone position; Position setting method

脊柱外科手术多采用俯卧位为术中体位^[1]。由于此类手术时间相对较长、难度较大,易致呼吸和循环功