

# 微信在心脏瓣膜置换术后健康教育中的应用

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**摘要:**目的 探讨微信在心脏瓣膜置换术后健康教育的应用效果。方法 选择 2013 年 8 月—2014 年 8 月在上海交通大学医学院附属新华医院行心脏瓣膜置换术患者 164 例, 采用前后测量的方式, 将 164 例心脏瓣膜置换术后抗凝治疗的患者按照出院时间顺序分为对照组(常规健康教育组)和观察组(微信健康教育组)各 82 例。对照组执行常规健康教育, 观察组在常规健康教育基础上增加微信群及微信平台推送相关内容, 增进互动。分别于患者出院 3 个月后比较两组患者服药情况、饮食情况、休息与活动情况、复诊情况、服药不良反应的发生率、对护理的满意度及对微信健康教育的接受度。**结果** 观察组患者在服药情况、饮食情况、休息与活动情况、复诊情况、服药不良反应的发生率、对护理的满意度及对微信健康教育的接受度与对照组比较差异具有统计学意义( $P < 0.05$ )。**结论** 对心脏瓣膜置换术后患者采用微信形式的健康教育可以及时满足患者的健康需求, 减少用药不当引起的并发症, 增进了医患关系, 对患者的早日康复起到了积极的推动作用。

**关键词:**心脏瓣膜置换术; 健康教育; 微信

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**Application of WeChat in health education after heart valve replacement** (*Xinhua Hospital Affiliated to Shanghai Jiao Tong University School of Medicine, Shanghai 200092, China*)

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**Abstract: Objective** To study the impact of WeChat on health education after heart valve replacement.

**Methods** A total of 164 patients with anticoagulation therapy after heart valve replacement in Xinhua Hospital Affiliated to Shanghai Jiao Tong University School of Medicine from August 2013 to August 2014 were chosen. They were divided into the control group and the experimental group according to hospital discharge date (82 cases in each group). The control group received routine health education, and in the experimental group WeChat platform was used to deliver information to increase the communication between patients and medical staff based on the routine health education. Three months after discharge, the status of medication, reasonable diet, regular exercise and activity, regular review, incidence of adverse drug reactions, patient satisfaction, and acceptance of WeChat based on health education between the two groups were compared. **Results** There were significant differences in the status of medication, reasonable diet, regular exercise and activity, regular review, incidence of adverse drug reactions, patient satisfaction and acceptance of WeChat based on health education between the two groups ( $P < 0.05$ ). **Conclusion** For the patients with heart valve replacement, health education with WeChat can satisfy their health needs, reduce the complications of anticoagulation, improve the communication between patients and medical staff, and promote the rehabilitation and recovery.

**Key Words:** Heart valve replacement; Health education; WeChat

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瓣膜性心脏病是各种原因引起的单个或多个心脏瓣膜功能或结构异常, 导致瓣口狭窄和/或关闭不全的