

围手术期护理指导对人工关节置换术患者康复的作用

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摘要:目的 探讨围手术期护理指导对人工关节置换术患者术后髋关节功能恢复的影响。方法 选择 2013 年 1 月—2014 年 12 月在上海市徐汇区中心医院施行人工关节置换术的老年患者 60 例, 随机分为观察组和对照组各 30 例。对照组实施常规的围手术期护理, 观察组制定和实施详细的围手术期护理计划, 包括手术前的护理指导、手术日的功能锻炼和手术后循序渐进的髋关节运动等。分析两组患者术后 2 周髋关节功能评分、步行状态及肢体肿胀程度。结果 观察组患者 2 周后髋关节评分值明显高于对照组, 两组比较差异有统计学意义 ($P < 0.05$); 两组患者的步行状态与患肢肿胀程度比较, 观察组患者明显优于对照组, 差异有统计学意义 (P 均 < 0.05)。结论 对行人工关节置换的老年患者, 采用围手术期护理计划与监督管理, 能加快患者髋关节功能的恢复, 减少患肢的肿胀, 有利于手术后的早日康复。

关键词:人工关节置换; 围手术期; 康复护理

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Effect of perioperative nursing on postoperative rehabilitation in elderly patients with artificial joint replacement (*Xuhui Central Hospital, Shanghai 200031, China*)

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Abstract: Objective To explore the effect of perioperative nursing on postoperative rehabilitation in elderly patients with artificial joint replacement. **Methods** From January 2013 to December 2014, a total of 60 cases with artificial hip joint replacement in Xuhui Central Hospital in Shanghai were chosen. They were randomly and equally divided into the experimental group and the control group. The control group received traditional health education, and in the experimental group the perioperative rehabilitation nursing was implemented. Harris hip score, walking state and limb swelling degree were analyzed 2 weeks after operation. **Results** The Harris hip score, walking state and limb swelling degree in the experimental group were significantly improved compared with the control group ($P < 0.05$). **Conclusion** For the elderly patients with artificial joint replacement, perioperative nursing can significantly improve postoperative rehabilitation and reduce limb swelling.

Key Words: Artificial joint replacement; Perioperative period; Rehabilitation nursing

髋部骨折是老年人常见的一种严重创伤,随着人类绝对寿命的延长,老年髋部骨折的发病率逐年上升。目前,人工髋关节置换是治疗股骨头缺血性坏死、创伤性关节炎、类风湿性关节炎及股骨颈骨折等疾病的一种重要方法^[1-3]。由于老年人术后的康复过程较长,对人工关节置换老年患者应尽早开展连续的、有计划的康复护理,以提高患者功能的恢复,进一步提高生活质

量,减少并发症的发生。目前,国内外对老年髋部骨折的研究不仅在诊断、治疗、手术等方面取得了很大的进展,在骨折术后的康复干预模式上也有了重大的转变^[4]。国外报道以多学科协作、连续性康复护理模式为主,由多学科临床医务人员组成小组,以护士为核心,针对特定的群体,在相关治疗护理方面定期进行相互沟通^[5];使患者在住院期间至出院后得到经过精心设计的、多方团队支持的连续性护理服务。大量研究结果表明,多学科康复协作团队能有效地改善康复干预效果^[6]。但国内由于人力不足,临床科室仍以术后