

· 论 著 ·

复治肺结核患者患病经历的质性研究

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摘要:**目的** 了解复治肺结核患者患病期间的心理体验,并分析其产生的原因。**方法** 选择 2015 年 1—4 月在同济大学附属上海市肺科医院诊治的复治肺结核患者 22 例,采用现象学研究方法和半结构式访谈方式进行深入访谈,对获得的访谈资料进行整理分析,对患病经历的心理体验过程进行主题提炼。**结果** 22 例患者均完成访谈,共提炼出 3 个主题,分别是为隐瞒病情而感到无奈、被他人躲避而感到痛苦和对疾病治愈感到绝望。**结论** 对疾病的错误认知以及社会公众的疏远、回避等是复治肺结核患者产生心理压力的重要原因。医务人员需指导患者采取主动积极的应对方式,并协助其完善社会支持干预系统,从而减轻其心理压力,有利于身心健康。

关键词:复治肺结核;患病经历;质性研究

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Qualitative research on experiences of illness in patients with retreated pulmonary tuberculosis

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Abstract: Objective To investigate the experiences of illness in the patients with retreated pulmonary tuberculosis, and to analyze the countermeasures. **Methods** From January to April 2015, 22 cases with retreated pulmonary tuberculosis in Shanghai Pulmonary Hospital, Tongji University School of Medicine were selected. The phenomenological research methods and semi-structured interviews were used to perform in-depth interviews. The themes of illness experiences were extracted from the interview data analysis. **Results** All the cases completed the interview, and three themes were extracted as following: Feeling helpless for disease-concealing, feeling painful for being shunned by the public, and despairing of treatment. **Conclusion** The wrong disease cognition and being shunned by the public are important reasons for psychological pressure in retreated pulmonary tuberculosis patients. The medical staff should instruct the patients to take active coping style and improve the social support intervention, thereby reducing their psychological stress.

Key Words: Retreated pulmonary tuberculosis; Experience of illness; Qualitative research

复治肺结核具有治疗难度大、病程长、病变广泛、预后不明确及传染性强等特点,与初治肺结核患者相比,复治肺结核患者心理压力更大,极易出现自我封闭、焦虑抑郁、孤独自卑等多种负性情绪,对患者的治疗依从性、预后及心理健康等造成严重影响^[1]。患者患病经历中这些负性情绪的存在对复治肺结核患者预后、生活质量及回归社会均会产生不良影响。因此,对

患者患病经历的心理体验进行分析,从而制订针对性的干预措施,有助于减轻复治肺结核患者的心理压力,促进其预后改善。我们通过了解和分析复治肺结核患者在患病经历中的心理体验,为临床干预措施的建立提供参考依据。现报道如下。

1 对象与方法

1.1 对象 采用便利抽样法选择 2015 年 1—4 月在我院诊治的复治肺结核患者,均符合复治肺结核诊断标准^[2]。纳入标准:①均为复发患者,痰培养结果为阳

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