

# 经皮冠状动脉支架植入术后患者自我管理能力的现状分析

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**摘要:**目的 调查 398 名经桡动脉行经皮冠状动脉支架植入术后患者自我管理能力的现状并进行影响因素分析。**方法** 采用冠心病自我管理行为量表和一般资料调查表, 于 2013 年 6 月—2015 年 6 月对 398 名在上海交通大学附属第六人民医院行经桡动脉经皮冠状动脉支架植入术后 1 周内的患者进行调查。**结果** 398 名患者自我管理能力的总分为  $(74.42 \pm 16.55)$  分, 得分率为 55.13%。自我管理行为受性别、年龄、职业、居住地、家庭月收入、是否吸烟及平均每天吸烟量、是否有高血压及介入治疗次数等因素的影响。**结论** 398 名经桡动脉行经皮冠状动脉支架植入术后患者自我管理能力的水平呈中等偏下水平, 并受多方面因素的影响。护理人员应关注患者的术后生活方式, 加强健康教育指导, 制定有针对性的自我管理健康教育方案, 以促进患者自我管理行为的有效实践。

**关键词:** 经皮冠状动脉介入术; 问卷调查; 自我管理; 影响因素

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**Analysis of self-management status of patients after percutaneous coronary intervention with stent implantation** (1. Shanghai Sixth People's Hospital, Shanghai Jiao Tong University, Shanghai 200233, China; 2. Shanghai Institute of Planned Parenthood Research, Shanghai 200032, China)

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**Abstract:** **Objective** To investigate the self-management status of patients after percutaneous coronary intervention with stent implantation, and to analyze the influencing factors. **Methods** From June 2013 to June 2015, the self-management questionnaire about coronary heart disease and demographic questionnaire were used to investigate 398 patients from Shanghai Sixth People's Hospital, Shanghai Jiao Tong University one week after stent implantation. **Results** The total score was  $74.42 \pm 16.55$ , with a scoring rate of 55.13%. The self-management ability was influenced by gender, age, occupation, dwelling area, monthly family income, smoking, average daily cigarette number, hypertension and number of interventional treatment. **Conclusion** The level of self-management of 398 patients after percutaneous coronary intervention with stent implantation is below average. There are various influencing factors. The nursing staff should pay attention to the patient lifestyle after percutaneous coronary intervention and strengthen patient education, in order to provide theoretic basis for setting up targeted self-management protocol and promote effective practice in patient self-management.

**Key Words:** Percutaneous coronary intervention; Questionnaire; Self-management; Influencing factor

经皮冠状动脉介入治疗(percutaneous coronary intervention, PCI)是冠心病治疗的重要手段之一<sup>[1]</sup>。

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PCI 是一种姑息性的治疗, 仅能解决冠脉的机械性狭窄, 并不能治愈或者阻止病变的进一步发展。随着接受支架置入临床病例数的增加和随访时间的延长, 以及血管内超声技术的发展, 冠状动脉支架内再狭窄(in-stent restenosis, ISR)的问题就逐渐暴露出来<sup>[2]</sup>。