

品管圈活动在提高围生产期产妇健康教育效果中的作用

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摘要:目的 探讨实施品管圈活动在提高围生产期产妇健康教育效果中的作用。方法 成立品管圈活动小组——“幸孕圈”,以2015年1—3月收治于上海市宝山区罗店医院产科病房的277例产妇为对照组,通过开展品管圈活动,对围生产期产妇健康教育内容及方式中存在的问题进行调查分析,拟定整改措施;以2015年6—8月收治的283例产妇为观察组,比较开展品管圈活动前后两组产妇健康教育效果。结果 与对照组比较,观察组产妇对围生产期健康教育知识的知晓度、纯母乳喂养率、新生儿护理技能均明显提高(P 均 <0.01);早吸吮成功率也明显提高($P < 0.05$)。结论 通过品管圈活动,规范了健康教育内容,改善了健康教育流程与模式,增加了产妇易于掌握的健康教育方式,强化了护士专科护理能力,有效促进了产妇对健康知识的掌握。

关键词:围生产期产妇;健康教育;品管圈活动

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Application of quality control circle in improving the effect of health education in perinatal parturients

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Abstract: Objective To explore the implementation of quality control circle (QCC) activity in improving the effect of health education in perinatal parturients. **Methods** The QCC was set up. And 277 parturients in Luodian Hospital of Baoshan District, Shanghai, hospitalized from January to March 2015 were enrolled in the control group. The existing problems in health education in perinatal parturients were investigated and analyzed through QCC activity and the rectification measures were drafted. Another 283 parturients hospitalized from June to August 2015 were enrolled in the observation group and the QCC activity was implemented. **Results** Compared with the control group, the awareness of perinatal health education, rate of exclusive breastfeeding and newborn care skills in the observation group were significantly improved ($P < 0.01$). The success rate of early sucking was improved ($P < 0.05$) too. **Conclusion** The QCC activity could effectively regulate the health education content, improve the health education process and pattern, increase the easy-to-handle health education mode, strengthen the nurses' specific nursing ability, and promote the mastery of maternal health education.

Key Words: Perinatal parturient; Health education; Quality control circle activity

围生产期健康教育在提高孕产妇自我保健意识、降低高危妊娠的发生和保障母婴健康等方面具有重要的现实意义^[1]。国家卫生和计划生育委员会印发的

《2012年推广优质护理服务工作方案》中明确要求:提高专科护理水平,对患者开展个性化的健康教育,提高医疗质量和效率^[2]。我院为2级综合性医院,地处城乡结合部,硬件相对落后,来院分娩的产妇大部分为外来务工人员,未进行常规产检,对妊娠知识了解不够全面,自我保健意识较差,严重影响了健康教育的效

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