

# 聚焦解决模式对肺癌患者化疗期间心理状况的影响

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(同济大学附属上海市肺科医院, 上海 200433)

**摘要:**目的 探讨聚焦解决模式的心理护理方法对肺癌患者在化疗期间心理状况和自我效能的影响。方法 选择 2014 年 4 月—2015 年 5 月在同济大学附属上海市肺科医院住院的首次接受化疗的肺癌患者 120 例, 采用方便抽样法分为观察组 60 例和对照组 60 例。对照组按化疗护理常规进行护理, 观察组在化疗护理常规基础上, 应用聚焦解决模式每日 2 次进行一对一心理护理, 每次时间 30~40 min。采用焦虑自评量表(SAS)、抑郁自评量表(SDS)和中文版癌症自我管理效能量表(SUPPH)对两组患者进行测评。结果 两组患者在出院时 SAS 和 SDS 得分情况均较入组时减少, 且观察组优于对照组( $P < 0.05$ )。观察组患者 SUPPH 总分和各纬度得分与对照组比较差异有统计学意义( $P < 0.05$ )。结论 采用聚焦解决模式对肺癌患者进行心理护理干预, 能明显改善患者化疗期间的心理状况, 提升自我效能, 增加化疗依从性, 有助于患者的全面康复。

**关键词:** 肺癌; 化疗; 聚焦解决模式; 心理护理; 自我管理效能

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**Effect of solution-focused supervision on psychological status and self-management efficacy of lung cancer patients during chemotherapy** (Shanghai Pulmonary Hospital, Tongji University, Shanghai 200433, China)

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**Abstract: Objective** To evaluate the effect of solution-focused supervision (SFS) on psychological status and self-management efficacy of lung cancer patients during chemotherapy. **Methods** A total of 120 lung cancer patients with chemotherapy in Shanghai Pulmonary Hospital, Tongji University hospitalized from April 2014 to May 2015 were chosen. They were divided into the control group ( $n = 60$ ) and observation group ( $n = 60$ ) randomly. Zung's Self-Rating Depression Scale (SDS), Self-Rating Anxiety Scale (SAS) and Chinese Version of Strategies Used by People to Promote Health (SUPPH) were used. **Results** After intervention the SDS and SAS scores in the two groups reduced. The SDS and SAS scores in the observation group were significantly lower than those in the control group ( $P < 0.05$ ). Meanwhile, there was a significant difference in SUPPH score between the two groups ( $P < 0.05$ ). **Conclusion** The application of SFS could improve the psychological status of lung cancer patients during chemotherapy, improve their self-management efficiency and chemotherapy compliance so as to improve the quality of life.

**Key Words:** Lung cancer; Chemotherapy; Solution-focused supervision; Psychological care; Self-management efficacy

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肺癌是全球范围内发病率和病死率最高的恶性肿瘤, 化疗是主要的综合治疗手段之一。有文献报道, 在首次化疗的肺癌患者中, 出现焦虑情绪的占 48.75%,