

白内障患者术后眼部护理现状的调查与分析

陈晓燕, 许燕玲, 匡亚辉

(上海交通大学附属第六人民医院, 上海 200233)

摘要:目的 通过电话回访手术后的白内障患者,了解患者眼部护理的现状。方法 选择2013年9月—2014年8月在上海交通大学附属第六人民医院眼科行白内障超声乳化联合人工晶状体植入术的老年患者600例,在出院后采用自行设计的问卷,手术后1周进行电话回访,了解患者对眼药水使用时间和方法、眼睛防护及复诊时间等眼部护理掌握情况并统计分析。结果 600例患者对正确使用眼药水的时间和方法、眼睛防护的方法掌握率分别是96.3%、79.3%和72.0%,术后复诊时间正确率为66.3%。同时,眼部护理掌握得分排序前3位的条目是使用典必舒的时间、滴药前洗手和术后1周的复诊时间;排序末3位的条目是滴药前要拉开下眼睑、典必舒使用前要摇匀和术后半年复诊时间。结论 白内障患者术后眼部护理现状还存在一些问题。需要给予患者更多的关注与指导,有利于患者正确掌握白内障术后的护理要点,促进患者尽早康复。

关键词:白内障手术;眼部护理;调查

中图分类号:R473.75 文献标识码:A 文章编号:1009-8399(2016)04-0022-03

Situation and analysis of eye care in patients after cataract operation (*Shanghai Sixth People's Hospital, Shanghai Jiao Tong University, Shanghai 200233, China*)

CHEN Xiao-yan, XU Yan-ling, KUANG Ya-hui

Abstract: Objective To investigate the situation of eye care in the patients after cataract operation by telephone visit. **Methods** From September 2013 to August 2014, 600 cases underwent phacoemulsification and intraocular lens implantation were chosen in Shanghai Sixth People's Hospital, Shanghai Jiao Tong University. The self-designed questionnaire was used for telephone visit at 1 week after surgery. The using time and methods of eyedrops, the methods of eye protection, and the awareness of timely follow-up were analyzed. **Results** The rates of mastery of using time and methods of eyedrops and eye protection methods were 96.3%, 79.3% and 72.0% respectively. 66.3% of the patients returned at 1 week after operation. The top three items with good mastery were the using time of Tobradex, washing hands before using eyedrops and follow-up at 1 week after operation. The three items with poor mastery were pulling the lower eyelid before using eyedrops, shaking the bottle well before using Tobradex, and the awareness of follow-up at 6 months after operation. **Conclusion** There exist some problems in eye care in the patients after cataract operation. They should be paid more attention and guidance. Telephone visit helps the patients master eye care skills after cataract operation and promote rehabilitation.

Key Words: Cataract operation; Eye care; Survey

白内障是眼科最常见的致盲眼病之一,以老年患

者居多,大大降低老年人的生活质量^[1]。白内障超声乳化联合人工晶状体植入术是目前最先进有效的一种复明手术^[2]。术后主要以滴眼液局部用药为主,常用的有典必舒、双星明、迪非和左氧氟沙星4种眼药水。

收稿日期:2015-12-21

作者简介:陈晓燕(1967—),女,主管护师,本科,主要从事临床护理。

通信作者:许燕玲(1962—),女,主任护师,本科,主要从事护理管理。