

# PDCA 循环管理在麻醉恢复期患者躁动护理中的应用

祖娟娟, 杨青凤

(南京中医药大学附属医院, 南京 210000)

**摘要:**目的 探讨 PDCA 循环管理在麻醉恢复期患者躁动护理中的应用效果。方法 选择 2015 年在南京中医药大学附属医院实施全身麻醉手术后转入麻醉恢复室(PACU)的患者 120 例,将 1—6 月的 60 例患者作为对照组,7—12 月的 60 例患者作为观察组。对照组按照 PACU 常规进行复苏护理,观察组在 PACU 常规护理基础上应用 PDCA 循环管理方法,通过计划、实施、检查和处理 4 个阶段进行躁动管理,观察两组患者在麻醉恢复期出现躁动情况及因躁动引起的不良事件发生情况。结果 观察组的躁动发生率显著低于对照组,两组比较差异有统计学意义( $P < 0.05$ );观察组因躁动引起的不良事件发生率低于对照组,两组比较差异有统计学意义( $P < 0.05$ )。结论 实施 PDCA 循环管理能够降低麻醉恢复期患者发生躁动及不良事件情况,提高护理的安全性,有利于患者的康复。

**关键词:**麻醉恢复期;躁动;PDCA 循环管理

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**Application of PDCA circulation management in caring of agitation patients during recovery from anesthesia** (*Affiliated Hospital of Nanjing Medical University of Traditional Chinese Medicine, Nanjing 210000, China*)

**ZU Juan-juan, YANG Qing-feng**

**Abstract: Objective** To explore the application of PDCA circulation management in caring of agitation patients during recovery from anesthesia. **Methods** Totally 120 patients in post-anesthesia care unit (PACU) after general anesthesia in Affiliated Hospital of Nanjing Medical University of Traditional Chinese Medicine were recruited in 2015. The 60 patients hospitalized from July to December were enrolled in the observation group while the 60 patients hospitalized from January to June were set as controls. The control group received routine PACU nursing, while the observation group received PDCA circulation management including four stages (plan, do, check, and action). The occurrence of agitation and related complications in the two groups were analyzed. **Results** The incidence of agitation and related complications in the observation group was significantly lower than that in the control group ( $P < 0.05$ ). **Conclusion** The application of PDCA circulation management could significantly reduce the incidence of agitation and related complications in the patients during recovery from general anesthesia.

**Key Words:** Anesthesia recovery period; Agitation; PDCA circulation management

全身麻醉苏醒期躁动是全身麻醉手术患者进入麻醉恢复室(PACU)后护理工作中常见的并发症,主要表现为兴奋、躁动和定向障碍并存,不按指令行动,发

生程度不同的不自主运动<sup>[1]</sup>。严重时可对患者自身安全造成威胁,麻醉药物的残留、尿管刺激、催醒药物的使用等均可导致躁动的发生,但目前发生的机制还不明了<sup>[2]</sup>。PDCA 循环又称戴明循环,是一种科学的管理方法,可分为计划(plan)、实施(do)、检查(check)和处理(action)4 个阶段,是一个质量管理标准化、科学化的循环系统,是不断循环、不断提高、螺旋式上升的

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作者简介:祖娟娟(1982—),女,主管护师,本科,主要从事临床护理。

通信作者:杨青凤(1971—),女,副主任护师,本科,主要从事临床护理工作。