

延续护理对精神分裂症患者服药依从性及康复的影响

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摘要:目的 探索延续护理对精神分裂症患者服药依从性和康复的影响。方法 选择2015年1—6月上海市精神卫生中心即将出院的康复期精神分裂症患者80例, 随机分为观察组40例和对照组40例。对照组接受常规出院指导, 观察组除接受常规出院指导外, 给予6个月的延续护理指导, 内容包括精神药物的服用和保管/药物不良反应观察和护理, 以及生活能力和社会功能恢复的康复指导。对两组患者在出院时、出院6个月后均采用服药依从性(Morisky)问卷及Morningside康复状态量表(MRSS)进行评估。结果 出院后6个月观察组的Morisky问卷评分和MRSS评分与对照组比较差异有统计学意义($P < 0.05$)。结论 延续护理显著提高了精神分裂症患者的服药依从性, 提高了患者的总体康复水平, 使其社会交往能力和活动能力得到了很大提高。

关键词:精神分裂症患者; 延续护理; 服药依从性; 康复

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Effect of transitional care on medication adherence and rehabilitation of patients with schizophrenia

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Abstract: Objective To explore the effect of transitional care on the medication adherence and rehabilitation of patients with schizophrenia. **Methods** A total of 80 schizophrenic inpatients before discharge from Shanghai Mental Health Center were recruited from January to June, 2015. They were randomly divided into the intervention group and the control group (40 in each group). The control group received routine discharge education, and the intervention group received transitional care for 6 months after discharge besides routine discharge education. Morisky questionnaire and Morningside Rehabilitation Status Scale (MRSS) were used to assess the medication adherence and rehabilitation of patients in both two groups at discharge and 6 months after discharge. **Results** Morisky questionnaire score and MRSS score in the intervention group at 6 months after discharge were significantly lower than those in the control group ($P < 0.05$). There was no significant difference in Morisky questionnaire score and MRSS score at 6 months after discharge and at discharge in the control group. **Conclusion** Transitional care could significantly improve the medication adherence, overall level of rehabilitation, social communication ability and activity ability of the patients with schizophrenia.

Key Words: Schizophrenic patient; Transitional care; Medication adherence; Rehabilitation

精神分裂症是一组病因未明的常见精神疾病, 临床表现为感知、思维、情感、行为等方面的障碍和精神

活动的不协调。该疾病病程迁延, 有反复发作的特点, 多次发病后病情加重恶化, 部分患者可最终出现精神衰退^[1]。抗精神病药物治疗对于控制精神分裂症患者的精神病症状, 防止其疾病复发有着明确的疗效, 但是大部分患者病情稳定后仍会残留部分症状、存在社会

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