

本科护生沟通与适应能力现状调查与分析

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摘要:目的 探讨本科实习护生临床沟通能力和适应能力状况及相互关系,为提高本科护生的临床适应能力提供参考。**方法** 于2016年1月运用护生临床沟通能力量表和社会适应力量表对150名本科实习护生进行调查。**结果** 本科实习护生临床沟通能力中等,均分为(2.52±0.74)分,社会适应能力良好,得分(31.90±10.43)分;临床沟通能力与适应能力呈正相关($P < 0.01$)。**结论** 本科实习护生临床沟通能力需要进一步改善,护理管理者及教育者应重视实习生沟通能力的培养,帮助其提高临床适应性,以改善实习质量。

关键词:本科;实习护生;临床沟通能力;适应能力

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Relationship between clinical communication ability and adaptive ability of undergraduate nursing students (School of Nursing, Nanjing University of Chinese Medicine, Nanjing 210023, China)

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Abstract: Objective To investigate the relationship between clinical communication ability and adaptive ability of undergraduate nursing students, and to provide reference for improving their clinical adaptive ability.

Methods A total of 150 undergraduate nursing students were investigated by Clinical Communication Ability Scale and Social Adaptive Ability Scale in January 2016. **Results** The score of clinical communication ability of undergraduate nursing students was 2.52 ± 0.74. The score of social adaptive ability was 31.90 ± 10.43.

The clinical communication ability was positively correlated with social adaptive ability ($P < 0.01$). **Conclusion** The clinical communication ability of undergraduate nursing students needs to be further improved. The nursing managers and educators should pay more attention to cultivating the communication ability of trainees to improve their clinical adaptive ability.

Key Words: Undergraduate; Practical nursing student; Clinical communication ability; Adaptive ability

临床实习是护生角色转换的关键期,实习期适应不良不仅可直接降低实习质量,严重者可诱发护生心理疾患,甚至影响生理功能和今后的职业发展^[1]。有研究显示,临床护理差错中有40%~50%与护生有关^[2]。究其原因,大多与职业适应不良有关。护生“适应不良综合征”(social maladjustment syndrome, SMAS)不仅影响到实习效果,更是威胁到护理队伍的稳定发展^[3]。而适应反应则是对健康有利的反应,可使人得以生存、成长、繁衍、主宰及自我实现^[4]。相关报道显示,护生临床适应能力与心理健康素质以及情

绪密切相关,而沟通能力作为现代护理人才必备的核心能力之一,其作用也是不容忽视的^[5]。临床沟通能力,是通过临床沟通活动在功能上达到预期目标或者满足沟通者需要的一种心理特质。良好的沟通能力有利于促进护生与患者建立和谐的人际关系并且可有效减少护理操作的差错率^[6]。研究通过调查,旨在了解本科护生临床沟通、适应能力的现状和关系,为提高本科护生的临床适应能力提供科学依据。

1 对象与方法

1.1 对象 采用方便抽样,于2016年1月抽取南京市3所三级甲等医院150名临床实习本科护生为研究