

# 放松训练在急诊冠状动脉内支架术后患者中的应用

毛琼怡, 朱 渊, 江 澜, 李雯娟

(上海交通大学附属胸科医院, 上海 200030)

**摘要:**目的 探讨放松训练在急诊冠状动脉内支架术后患者中的应用效果。方法 选择 2014 年 1 月—2015 年 6 月于上海交通大学附属胸科医院急诊收治的冠状动脉内支架术后患者 100 例,按随机数字表法分为观察组和对照组各 50 例,观察组在常规护理基础上采用放松训练,对照组采用常规护理。采用匹兹堡睡眠质量指数量表(Pittsburgh Sleep Quality Index, PSQI)及住院患者 Barthel 指数评定量表(Barthel Index Rating Scale, BI)在入院当日及训练后第 7 天进行效果评价,比较两组患者的睡眠变化情况、日常生活能力变化情况、血氧饱和度改善情况和术后住院时间。结果 观察组患者睡眠质量、日常生活能力恢复情况和血氧饱和度改善情况优于对照组,术后住院时间短于对照组,差异均有统计学意义( $P < 0.05$ )。结论 放松训练可有效改善急诊冠状动脉内支架术后患者的睡眠质量,对患者术后日常生活能力的恢复起积极促进作用。

**关键词:**冠脉支架术;急诊;放松训练;应用

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## Application of relaxation therapy in recovery of emergency percutaneous coronary intervention

(Shanghai Chest Hospital, Shanghai Jiao Tong University, Shanghai 200030, China)

MAO Qiongyi, ZHU Yuan, JIANG Lan, LI Wen-juan

**Abstract:** **Objective** To study the influence of relaxation therapy on quality of sleep and life in the patients after emergency percutaneous coronary intervention. **Methods** A total of 100 patients after emergency percutaneous coronary intervention in Shanghai Chest Hospital, Shanghai Jiao Tong University hospitalized from January 2014 to June 2015 were assigned to the experiment group (50 cases) and control group (50 cases) using random number table. The experiment group was given both the routine nursing care and relaxation therapy. The control group was only given the routine nursing care. Pittsburgh Sleep Quality Index and Barthel Index Rating Scale were used on admission and 7 d after training to observe the changes in sleep and daily life ability. **Results** There were significant differences in quality of sleep, improvement of oxygen saturation, daily life ability and postoperative hospital stay between the two groups ( $P < 0.05$ ). **Conclusion** Relaxation training can improve quality of sleep and life in the patients after emergency percutaneous coronary intervention.

**Key Words:** Percutaneous coronary intervention; Emergency; Relaxation therapy; Application

急诊冠状动脉内支架术是急性心肌梗死(acute myocardial infarction, AMI)最有效的治疗方式之一<sup>[1]</sup>。AMI 突发的心前区剧烈疼痛、濒死感,急诊手术及住院

后心内科监护室(cardiac care unit, CCU)特殊的医疗环境、监护、治疗措施等,使患者易出现紧张、恐惧、焦虑等负性情绪<sup>[2-3]</sup>。入 CCU 后的疼痛、心理、环境等各种因素均易导致患者睡眠障碍。睡眠障碍使患者交感神经兴奋,心脏负荷增加,影响患者心功能恢复,增加再次梗死、猝死和致死性心律失常等恶性心血管事件发生的概率<sup>[4-5]</sup>。本研究旨在将放松训练应用于支架术后患者并辅助氧疗,采用匹兹堡睡眠质量指数量表

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作者简介:毛琼怡(1977—)女,主管护师,本科,主要从事临床护理。  
通信作者:朱 渊(1967—)女,副主任护师,本科,主要从事护理管理。  
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