

# 无缝隙健康教育在放射性<sup>131</sup>I 治疗甲状腺癌患者中的应用

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**摘要:**目的 探讨无缝隙健康教育在放射性<sup>131</sup>I 治疗甲状腺癌患者中的应用效果。方法 选择 2013 年 2 月—2015 年 12 月于同济大学附属第十人民医院行放射性<sup>131</sup>I 治疗的患者 200 例, 以 2014 年 7 月—2015 年 12 月的 100 例患者为观察组, 采用全程无缝隙健康教育; 回顾性分析 2013 年 2 月—2014 年 6 月的 100 例患者为对照组, 采用传统的健康教育模式。比较两组患者健康教育问卷调查结果及服药后并发症发生情况。**结果** 观察组在服药前准备充分、各阶段的依从性、掌握防辐射知识、并发症及时处理和总体满意度方面均优于对照组; 观察组恶心、呕吐、颈部肿胀、腮腺肿胀等并发症的发生情况少于对照组, 差异均有统计学意义( $P < 0.05$ )。**结论** 无缝隙健康教育可提高放射性<sup>131</sup>I 治疗甲状腺癌患者的治疗依从性, 降低其用药后并发症发生情况。

**关键词:** 甲状腺癌; 放射性<sup>131</sup>I 治疗; 无缝隙健康教育; 护理

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**Application of whole health education in hyroid cancer patients using <sup>131</sup>I treatment** (1. *Shanghai Tenth People's Hospital, Tongji University, Shanghai 200072, China*; 2. *Tongren Hospital, Shanghai Jiao Tong University School of Medicine, Shanghai 200336, China*)

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**Abstract: Objective** To investigate the nursing efficacy of the whole health education on thyroid cancer patients using <sup>131</sup>I treatment after surgery. **Methods** Two hundred thyroid cancer cases using <sup>131</sup>I treatment after surgery from Shanghai Tenth People's Hospital, Tongji University were enrolled. They were divided equally into two groups (100 cases in each group) from February 2013 to December 2015. The control group (hospitalized from February 2013 to June 2014) was given the traditional health education while the observation group (hospitalized from July 2014 to December 2015) was given the whole health education. **Results** Compared with the control group, the observation group showed better outcomes in the aspects of preparation of <sup>131</sup>I treatment, compliance at each stage, mastering of radiation protection knowledge, management of complications and overall satisfaction ( $P < 0.05$ ). The incidence rate of complications in the observation group was also lower than that in the control group ( $P < 0.05$ ). **Conclusion** The implementation of whole health education in thyroid cancer patients using <sup>131</sup>I treatment after surgery will definitely improve the patient compliance and reduce the incidence of complications.

**Key Words:** Thyroid cancer; Radioactive <sup>131</sup>I therapy; Whole health education; Nursing care

近年来,随着核素治疗的蓬勃发展,<sup>131</sup>I 治疗已成

为分化型甲状腺癌最主要的治疗手段之一<sup>[1-2]</sup>。国内外临床证实<sup>131</sup>I 治疗甲状腺癌原发灶及转移灶是比较理想的方法<sup>[3-4]</sup>。由于<sup>131</sup>I 的半衰期是 8.1 d,发出的  $\gamma$  射线能量较高,同时发射  $\beta$  粒子, $\gamma$  射线具有很强的电离辐射作用,穿透力强;服用<sup>131</sup>I 的患者,成为了一种特殊的“辐射源”,对周围人群尤其是陪护家属或前往探

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