

微信健康教育视频在行纤维支气管镜检查患者中的应用

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摘要:目的 探讨微信健康教育视频在静脉麻醉下行纤维支气管镜(简称纤支镜)检查患者中的应用效果。方法 采用方便抽样方法,选取 2015 年 2 月—2016 年 1 月于陕西省西安市胸科医院行纤支镜检查的 108 例患者,按照入住科室分为观察组($n=53$)和对照组($n=55$),观察组接受微信健康教育视频,对照组接受常规健康教育。干预前后采用阿姆斯特丹术前焦虑与信息量表(Amsterdam Preoperative Anxiety and In-formation Scale, APAIS)对患者进行测试。结果 两组之间知识总分、术后注意事项得分、综合焦虑、检查相关焦虑和信息需求比较差异有统计学意义。干预后两组知识得分均显著提高,观察组综合焦虑、检查相关焦虑和信息需求显著降低,而对照组焦虑和信息需求干预前后比较差异无统计学意义。结论 微信视频可以有效提高纤支镜患者的检查知识,降低患者的焦虑和信息需求,但是在实施过程中应注意人群的适用性。

关键词:纤维支气管镜检查;健康教育;微信;视频

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Application of WeChat video-based health education in patients with fiberoptic bronchoscopy (1. Xi'an Chest Hospital, Xi'an 710100, China; 2. School of Nursing, Wuhan University, Wuhan 430030, China; 3. Training Center, Xi'an Chest Hospital, Xi'an 710100, China)

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Abstract: Objective To explore the application of WeChat video-based health education in the patient with fiberoptic bronchoscopy. **Methods** The convenience sampling method was used to select 108 patients in Xi'an Chest Hospital between February 2015 and January 2016. The patients were assigned to the experimental group with WeChat video-based health education ($n=53$) and the control group with routine health education ($n=55$). The questionnaire on fiberoptic bronchoscopy-related knowledge and Amsterdam Preoperative Anxiety and In-formation Scale (APAIS) were used to collect the data before and after education. **Results** There were significant differences in total score of knowledge, score of knowledge about postoperative considerations, comprehensive anxiety, procedure-related anxiety and information desire between the two groups after intervention. The knowledge scores were significantly improved after interventions in both two groups. The comprehensive anxiety, procedure-related anxiety and information desire were significantly reduced in the experimental group after the intervention, but had no changes in the control group. **Conclusion** WeChat video-based health education can effectively improve fiberoptic bronchoscopy-related knowledge and decrease preoperative anxiety and information desire in the patients. However, the adaptability of WeChat should be paid attention.

Key Words: Fiberoptic bronchoscopy; Health education; WeChat; Video

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纤维支气管镜(简称纤支镜)检查作为呼吸系统疾病的 1 项侵袭性检查,对呼吸系统疾病的诊断和治疗有着重要的意义。由于患者对纤支镜检查缺乏了解,对检查手段的未知,对检查并发症和结果的担心